

Matthew McConaughey ★ Jamiroquai

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fitness test

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25 September 1996

Life, love and everything

Every week

Just Seventeen

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Ed's letter

It's a veritable ladfest here at J17 this week. Hot to trot Hollywood hunk Matthew McConaughey tells us why his mum's his fave date on p8 (sorry gals), fantasy footballer David Beckham takes the J17 fitness test, and poster boy Jay Kay takes his hat off just for you (spooky!). By 'eck chuck, they're gorgeous.

Back in the real world, we've got 10 pages of gobsmacking true life confessions. Sara, 13, relives the day a bank robber threatened to blow her head off while Linzi, 16, tells us how it feels to be labelled the school slag. It's gripping stuff and you'll find more like it in 'Reality Bites' each week.

Enjoy your bargain 50p ish. We'll see ya next Wednesday!

Sam x



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Model Anna
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Hair and make-up
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Man U's red devil



We reckon we're pretty celeb-friendly at J17, but here's a bunch of famous folk we'd like to put in a pit and cover with slime...

Lenny Henry
He's a professional buffoon and Chef is quite possibly the worst sitcom ever made.

Dani Behr
The way Dani starts smouldering whenever a

humour by-pass. 'Nuff said.

Chris Evans If he tells us how much money he makes one more time, we'll stuff his credit cards where the sun don't shine.

Sammi Rogers The most annoying soapster since Mandy Jordache. When Katie slapped her sister, the nation cheered.

THE HIT LIST

camera's in a five-mile radius is mighty aggravating. She can keep her paws off George Clooney too!

Dreddie Starr He's got a bleached-blond, thinning mullet and has had a very successful

Ear we go

Give your lugs a new lease of life with this selection of silver earrings from Freedom. They come in loadsa different shapes and sizes and prices range from £1.99 to £2.99. Liberate those lobes!



Party on...

Summer might be over, but you can stay totally tropical 'cause we've got £900-worth of carnival prizes to give away! One reader will nab a Sony CD player, Notting Hill Carnival CD and book. Another 10 runners-up get the CD and book, and another 10 get a Lilt T-shirt and baseball cap. To win dial **0891 408 832** and answer this:

Q: Lilt is the totally tropical ****
For comp rules see page 51.



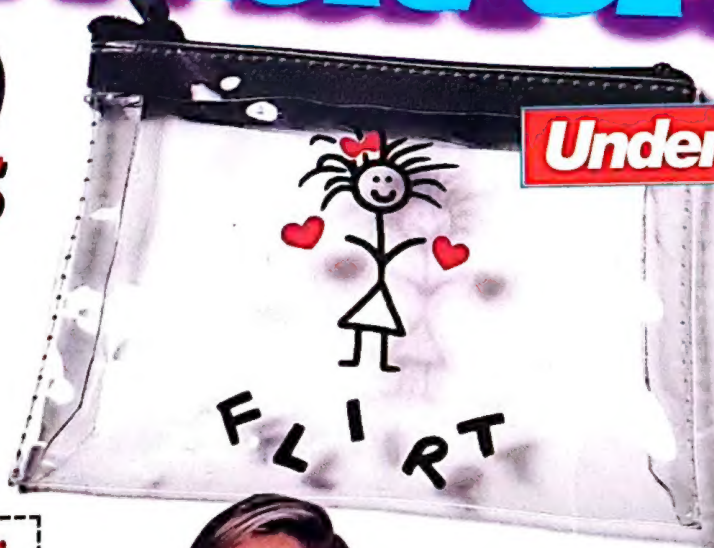
Hurrah for **Sarra 'n' Lara** as they get on a twin-set tip and grumble..

Fimofantastic

What A Feet has teamed up with Chunkydory for a fantastic fimo bargain. These necklaces usually cost £9.75 but we're offering them to J17 readers for **£6.95** (inc. p.p.). Just fill in and cut out the coupon and send it (with postal order or cheque) to Chunkydory, 55 Cuckoo Hill Road, Pinner, Middlesex HA5 1AU. Offer ends 15 October.



whata



Under a fiver

Get yourself down to Miss Selfridge and become the proud owner of one of these flirty purses. Not only are they perfect for storing your pennies, but at £2 they're quite clearly a bargain.

J17/Chunkydory necklace offer

Please send me the following necklace:
(tick applicable box)

1	2	3	4	5
----------	----------	----------	----------	----------

Pink/illiac flower Sunflower Dolphin Poppy Fire sunshine

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They wrote it, we quote it

"Be kinder to an anarchist's bunion-covered feet, left bleeding from an isolated trek to Masada." Line from a poem written by Sharon Stone. Don't give up the day job, Shaz!

Word up!

No25

Cwtch (Noun and verb)

Origin: Cwtch (rhymes with butch) is a Welsh phrase courtesy of J17 design lad, Marc.

Definition: When you're feeling a bit down, a cwtch is a bit of a comforting cuddle from someone who really cares.

Usage: "Never mind, petal. Come over here and cwtch up to me on the sofa."

Bubble 'n' sweet

Chocolate is the stuff to be seen in and to smell of this autumn. **Lush** has come up with a melting pot of beauty prods, including **After 8.30** and **EZ** massage bars, and **Skinny Dip** shower gel. All three are crammed with real chocolate chips, perfect for any bathtime melting moment. Prices start at **£1.50**.

For non-edible goodies contact Lush 01202 668548.



Feline friendly?



Now there's a thing! According to Professor Paul Leyhausen of Wuppertal, Germany, cats like nothing better than to have a good old chinwag about catty things, like their owners, other dogs and rats. Mum cats even use different meows to tell kittens what's for tea. Careful what you say in front of Tiddles!

Back!

Pretzels

The happening TV snack

Codelink puzzles

Crosswords are soooo passé

Smiling

Fashion pundits say it's back in fashion. We say it never went out

Our pen pals from Noo Yawk (right)

Big shout going out to Scott and Chris!

Being able to set the video on timer

Knowledge is power, right?

Reading cheesy historical romances

Those bygone blokes certainly knew how to treat a girl!

Getting eyelashes in your eye

How can something so small be so painful?

Broken personal stereo headphones

They always conk out after a couple of months

Fish

Unless they're finger-shaped and covered in breadcrumbs

People saying bitter chocolate is the new black

Whatever

The Big Break

Does anyone actually find this programme funny?

The days getting shorter

Hey, we demand a refund



Fizzling!

Win! Win! Win!



101 Dalmatians has not been released on video (£16.99) and to celebrate, we've an exclusive designer outfit up for grabs. It was designed by a Central Saint Martin's School of Art fashion student, is worth around £250, and will fit a size 10/12. If you fancy being top dog then ring **0891 408831** and answer this question: **What's the name of the villainess in 101 Dalmatians?**

For comp rules see page 51



Gossip Oasis spesh

with celeb queen Sarra



What a palaver! Those battling brothers **Gallagher** have been at it again. As we went to press, will-they-won't-they **Oasis**-to-split rumours were doing the rounds. So, what's the story? It goes summat like this - Oasis' US tour wasn't going well. **Liam** missed the first shows 'cause he was house-hunting or struck down by laryngitis, depending on who you believe. When he finally got to America, he caused outrage by gobbing onstage at the MTV awards in New York.

But the big bust-up took place in Charlotte, Carolina. Sources say **Noel** and **Liam** had a set-to over poor ticket sales and ended up smacking each other. An emergency meeting was held, at which - and this is where everybody



Shane, go again!

disagrees - one of two things happened:

★ **Oasis uh-oh 1** Noel got such a cob on he decided to walk out and head home

or ★ **Oasis uh-oh 2** The entire band decided to blow out the tour and get back to England to start on their third album.

★ The day the news broke was media mayhem! To avoid reporters, Noel's laydee **Meg Matthews** had to be sneaked out of Oasis' record company to a secret rendezvous with her man.

Patsy Kensit was safely out of the way in LA, but the lads' mam **Peggy Gallagher** was too upset to speak. It's just like when Robbie left Take That! ★ The pop pundits here at J17 reckon Oasis will give up touring for a while then come back with another hits blitz. ★ But if it's all gone permanently pear-shaped, Noel could take comfort in his new film career - Johnny Depp has wangled him a part in his new action flick. Noel will play a bus driver who swears a lot. Not much acting needed there then... ★ So there you go. Britain's best band have split up. Or maybe not. Check out the exclusive Oasis souvenir pull-out in next week's J17 and remember, as Lenny Kravitz once warbled, it ain't over 'til it's over!



There's Noel place like home...

'What A Week' was written to the sounds of Luna's *Bewitched*, Music To Play Games By compilation and Spice Girl's *Spice*.

Photos: Retna/Alpha/Idots/Big/All Action

Don't wanna be a single

Holly, 16, reckons life without a lad is no life at all. Her mates think she's mad. Read on and make your own mind up...

The love addict

Holly explains why she sees life as one long snog opportunity...

"I've always been in a relationship, ever since I first started dating when I was 13. The longest I've ever been out with someone was for a year, but I'll go out with a boy that I don't really fancy for two weeks rather than be single.

Obviously, I'd prefer to go out with good-looking and interesting blokes all the time, but I have been known to date some complete jerks. I just feel so flattered when a boy shows interest in me and let's face it, most girls are the same. I mean, why else do we spend so much money on clothes and make-up if not to impress boys?

All praise

Your friends are always going to tell you that you look OK, aren't they? But they have to say that because they're your mates, whereas if a boy approves of you, it must be because he really thinks you're pretty.

When I'm with a boy, I seem to change automatically. I can't help it. I find myself getting really giggly and agreeing with everything they

say. I guess I'm really scared that they won't like me, if I'm my normal grumpy self.

The only bloke I've ever really loved is Andy, who I went out with for a year. I'd fancied him for ages, even when I was going out with other people. He was a mate of my elder brother Sam and he looked like a younger, fitter Noah Wyle.

Bored

Usually I get really bored after I've been seeing someone for a while, but I never knew what Andy would do next and it kept me on my toes.

We broke up about six months ago because he said I was too clingy. I was probably the girlfriend from hell. The trouble was, I'd get really anxious if he wasn't with me, in case he was seeing someone behind my back.

I always wanted him to be holding my hand and telling me that he loved me, 'cause I just couldn't believe he wanted to be with me.



Trouser trouble

After we split up, I really went off the rails. I dated anything trouser shaped. My friends thought it was hilarious – you should have seen some of the lads I copped off with! I can always see something in a boy that makes him attractive, though. Like Billy, who wasn't cute in the slightest but had a really sharp sense of humour, and Joe, who I went out

with even though he had bad spots 'cause he had lovely brown eyes. I tend to fall in love with one thing about a lad, but it's never enough to make me want to stay with him.

I know people think I'm a man-eater but that's not the case. I just can't see the point of being stuck at home when I could be out on a date. I've tried to curb my boyfriend habit but after a couple of nights home, I'm ready to climb the walls. I know that somewhere my perfect boyfriend is waiting for me, I just wish he'd hurry up and find me!"

girl

Celeb serial daters

They might be famous and twoarsome but some celebs have had more exes than a noughts and crosses championship...

Elle MacPherson

The Body seems to go out with anybody as long as they're rich, famous or good-looking. Those who've fallen under the

spell of the Aussie siren include Prince Nikolas of Greece, Tim Jeffries (Green Shield stamps heir), Sean Penn and George Clooney. Not much of a one for sitting at home with a mug of Horlicks and the Brookie omnibus is our Elle.



...and then gets the treatment too



Elle: all over Tim like a rash...

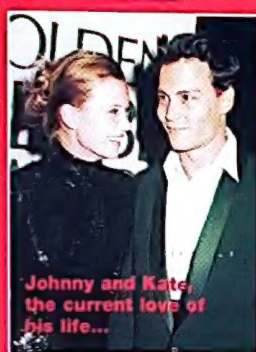
Johnny Depp

He might've been on/off dating Kate Moss for yonks, but before that The Deppster was

renowned for his willingness to get engaged at the drop of a hat. Johnny got married to Lori Anne Allison when he was 20, but after divorcing her he popped the question to Jennifer Beals, Sherilyn Fenn and Winona Ryder. Why, he's an engagement addict!



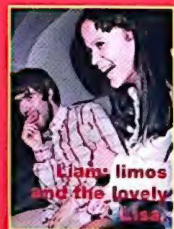
...and Winona his previous one and only



Johnny and Kate, the current love of his life...

Liam Gallagher

Liam might be living in tattooed bliss with Patsy Kensit, but the Mancunian lad's still mad for a bit of love action. Bowled over by his fatal charm were songstresses Berri and Lisa Moorish.



Liam: limos and the lovely Lisa

Countless leggy laydeez have sold stories to the tabloids about their nookie-filled nights with Liam and he's allegedly put the moves on Patsy's pals, Kate Moss and Anna Friel. Steady on, kiddo.



Hang on to him that, Pats - you'll need to.

Dani Behr

This smug little madam has dated Ryan Giggs, Les Ferdinand and put major moves on George Clooney. And they're just the ones who fell for her charms. Lord knows how many spurned her amorous advances!



Dani with Giggs: she always gets her men...



...as George Clooney with testis

The lad on the receiving end

Billy, 16, went out with Holly for a week earlier this year.

"I'd liked Holly for ages, but I didn't fancy my chances. Although everyone thought she was a bit scatty, whenever I saw Holly with her mates, she seemed really feisty, which I liked. I couldn't believe it when she asked me out!

But the minute we started dating, Holly changed from clued-up to clueless. She didn't have any opinions and didn't seem capable of stringing a sentence together. She wanted to see me every night and would get really narked if I had other things on. After a week, I decided she was too demanding, just more trouble than it was worth, so I got my mum to tell her I was washing my hair - permanently!"

The long-suffering mate

Ingrid, 15, is one of Holly's best mates, but she's sick of her pal's boyfriend obsession.

"I've known Holly since primary school, but we're not close anymore. When she first started dating it was a bit of a joke, 'cause she went through so many. Then when she started going out with Andy we thought she'd calm down, but she got worse. I'm not surprised he dumped her 'cause she was so demanding. Once me and my boyfriend went out with them and she burst into tears 'cause she thought Andy wasn't paying her enough attention.

Holly is a real laugh on her own but becomes a brainless bimbo with boys. She'll blow me out at the last minute if she gets a date. I often wonder if being mates with Holly is worth the effort."

The agony aunt's assessment

J17's agony expert, Anita, gives Holly some timely advice on her out-of-control dating.

"Being desperate for male attention and changing when you've got a boyfriend are classic signs of low self-esteem.

Holly tries to combat this feeling by becoming obsessed with a boy. This helps her ignore her problems, and makes her feel better about herself. But sadly, it doesn't work for long and soon she'll feel horrible and miserable about herself again.

Not only will most lads quickly tire of her insecure ways, but if she's not careful Holly will lose her mates too. She'd be better off thinking about what she wants and what she likes, than just jumping for the first guy who comes along. She must realise that boys are not the answer to her problems."

A

time

TH

His name is Matthew McConaughey. And you'd better learn how to pronounce it – Mc-con-a-hay –'cause the 26-year-old bicepped boy from Texas is here to stay! Not only is he starring opposite Sandra Bullock in *A Time To Kill*, but he'll soon be seen in *Larger Than Life* and *Contact*. Looks like Matthew's gonna go stellar in the next five minutes, so there's no time to lose...

How does it feel to be the next big thing?

"It's all very flattering and a great compliment to be called a mixture of Marlon Brando and Paul Newman. But it's easy to feel a little untinged. I guess it depends on how quickly you recover from the attention and I feel real solid in my shoes. Y'know, I'm a bit weird, but I'm not clinically insane."

Glad to hear it. Now, how did an unknown like you land a hot role in *A Time To Kill*?

"Luck and coincidence. I was originally cast in a smaller role. There were rumours that Brad Pitt was gonna play Jake, the defending lawyer, and I asked the director if it was true. He said, 'Do you think he should?' And I was like, 'No, I think I should.' I really did. The role was perfect for me."

And why was that?

"I grew up in the South, in Texas, just like Jake. I studied law for two years before I switched to film school, I understand what goes on in a court, and I knew I wouldn't be intimidated. It all helps."

Had you dreamed of becoming an actor as a nipper?

"Not really – my family weren't artistic. Pop was an American football player and then drove trucks and ran a petrol station. Mom was a teacher and a professional mom. I didn't even go to the movies until I was ten. I was more interested in swimming and building tree-houses. Me and my brothers Pat and Rooster were outdoors all day. At night we were allowed to watch an hour of telly."

So what led you to acting?

"Accident, I guess. I was going to film school when I met a film producer in a bar. I introduced myself, hoping to land a job as a production assistant, but instead I wound up playing this wild party guy in *Dazed And Confused*. It led to *Return Of The Texas Chainsaw Massacre*, which was a great hoot. I got a mechanical leg and was driving a tow truck and running people over. It was a blast!"

What was your most difficult scene in *A Time To Kill*?

"The long summing up speech in the final court scene. I'd read the scene twice a day for two weeks, but on the morning of filming, I was so nervous. I ran out across a field, stripped my shirt off and sat reading my favourite book, *The Greatest Salesman In The World*, to relax. Then I went to the studio and did the scene in a trance. I had no idea what I was saying, but I remember getting to the point in the speech where I had to start shaking and crying and I lost control. My lips and face were quivering. I broke out in a sweat, had a nose bleed and had to keep going to the bathroom! At the end of it, I was wiped out."

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How did your folks react to when you shot to fame?

"My mom was my date at the premiere of *A Time To Kill* and she thinks it's fantastic. My pop died in 1992. I miss him, but I'm sure he knows what's going on. I wear a ring made from my mom's and pop's high school rings and gold from Mom's teeth, so I always feel close to both of them."

Matt the family man in *A Time to Kill*



"Mom was my date at the premier. She thinks it's fantastic."

Matthew McConaughey is the hottest hunk to hit Hollywood since Brad Pitt. J17 nabs the newcomer for a chat...

Celeb spesh

RILL

"Y'know, I'm weird, but not clinically insane."

How did you pay the rent BS (before stardom)?

"I was a bank cashier, a carpenter, an assistant to a golf pro and a builder.

For a year I was in Australia on a work-exchange programme and did 11 different jobs, including assisting a lawyer. That's why I started studying law when I got home."

Do you prefer acting to directing now?

"Yeah. I've caught the acting bug. I like making films 'cause I get to travel and I have so much fun pretending to be someone else. I'm just a big kid."

Do you live the Hollywood lifestyle thing?

"Not really. I live in Los Angeles in a two-bedroom house I share with Gus, a film school buddy. I play a bit of golf, read scripts and hang out with friends."

You've worked with Sandra Bullock. How close are you?

"Very. We talk on the phone constantly. We had a great time making *A Time To Kill*, and I played opposite her in a short film she wrote and directed called *Making Sandwiches*. She's helped me cope with fame. She's a great friend."

Just friends? She called you "the male version of myself".

"She said that? I never thought of myself as that before!"

C'mon... are you two dating?

"No, I don't have a girlfriend and I'm not looking for one. I have Ms Hud, who's a labrador. I named her after one of Paul Newman's films. She's the only girl in my life."

OK, finally, what's your philosophy on life?

"JK Livin'. It means Just Keep Living. It was a line I improvised in *Dazed And Confused*. Right now, keeping a sense of humour is the most important thing in life."

Meaty McConaughey lookin' mean 'n' moody

The new who?

Matt's been compared to just about every legendary film star. Is it a load of old hype or what? Here's your at-a-glance guide...

Paul Newman

Distinguishing marks Blue eyes and rugged features.

Once famous for Eating 50 boiled eggs in an hour in *Cool Hand Luke*. Yuck!

Now famous for His rather splendid brand of condiments.

Clock that comparison The eyes, the beaky nose and the nonchalance.



Marlon Brando

Distinguishing marks

Brooding eyes and a mouth to die for.

Once famous for Motorbike acting in *On The Waterfront*.

Now famous for Being a right old grump.

Clock that comparison

Mouth-watering musculature.



James Dean

Distinguishing marks Quiff and little-boy pout.

Once famous for Being a rebel without a cause in *Rebel Without A Cause*.

Now famous for Living fast and dying young.

Clock that comparison Playing 'difficult' roles and rebellious types.



Tom Cruise

Distinguishing marks Shortness and floppy hair.

Once famous for Cheesy films like *Top Gun*.

Now famous for Becoming a serious thesp.

Clock that comparison The same kinda roles.



Brad Pitt

Distinguishing marks Blond, blue-eyed wonderboy.

Once famous for Being Crown Prince of Hollywood.

Now famous for Being Gwynnie's intended.

Clock that comparison Eye candy.



Virtual insanity

How far would you go to nab a lad?

J17 readers tell us how they tried to bag hunks with crazy stunts...

All in the family

"Last year I noticed this fit guy at the bus stop. He was tall with blond hair and a cute smile. The only problem was, I didn't know his name, where he lived or who his friends were. Around this time, a new girl started at our school. She seemed really boring and nobody bothered with her, including me. It wasn't until I saw her talking to Mr Fit that I decided to get to know her. Imagine my surprise when I found out she was his sister!

After that I made a real effort to be her friend. I started going to her house and even went on holiday with her family, just so I could be near him. One night, I finally got him on his own and told him how I really fancied him. He said he liked me too, but would never do anything about it 'cause I was his younger sister's best mate! I just couldn't believe it."

Candice, 14

Work it, girl

"Damien was the sexiest bloke I knew, and I decided I had to have him. I knew it'd mean getting off my bum and actually doing some exercise, 'cause

Damien was a complete fitness freak and spent

most of his time down the gym.

So, after buying a new workout kit, I paid £100

to join the gym and started going three times a week, just to try and meet him. But when I did see Damien, he hardly noticed me.

Then disaster struck. While attempting to impress him, I did my back in on a machine and ended up writhing on the floor in agony! I'd slipped a disc, strained my neck and ended up in hospital. Mind you, he did visit me the next day."

Lily, 15

Blonde ambition

"The guy I'd fancied for about two years was absolutely obsessed with blonde girls - he always said Pamela Anderson Lee was his ideal woman. There was just one problem - I'm a brunette without a curve in sight.

So I decided the only way to make him notice me was to dye my hair, wear really revealing clothes and loads of make-up. The more he ignored me, the more

outrageous my looks became. I was determined to transform myself into a blonde bombshell.

But then my world came crashing down around my ears, when my mate overheard him on the bus, saying, 'Sam used to be tasty, but she looks a right tart these days.'"

Samantha, 16

Losing my religion

"I had a massive crush on a bloke called Brett who went to the boys' school opposite mine. The only way I could get to talk to him, though, was by joining the politics or Christian Union classes which were joint with our school. So of course I signed up for both.

I'd see him every week and we'd chat about what we'd learned. But it didn't take him long to realise I was a fake when I said I didn't believe in Jesus 'cause I was Jewish! He never spoke to me again after that."

Deborah, 16

Love sick actress

"I'd tried everything to attract Daniel's attention, but he was always too wrapped up in his mates to notice me.

One night, though, we were at a party and I'd had enough. He started chatting up one of my mates, so I decided to take action. I know this sounds stupid, but I pretended to feel sick, then fainted backwards into his arms. I thought it was a really good act and he seemed quite concerned.

Then the next day, my best friend told me it was the most ridiculous show she'd ever seen and everyone realised it wasn't for real. Not surprisingly, Daniel was peeved and told my mate that he thought I was mad. To be honest, I think he was right."

Sarah, 17



Hair today, gone tomorrow

"I'd always had hairdresser phobia, until I looked through the window and saw the new stylist in my local salon. He was amazing - dark-skinned, brown-eyed and very sexy. I went back a week later, on the pretence of wanting a hair cut and we got on really well.

I went in six Saturdays running and before long, my waist-length hair was a short bob with blond streaks in it. If I didn't make a move soon, I was going to end with a crew cut! So the next time I went in, I casually asked him out and he said he'd liked me all along - but he wasn't allowed to go out with customers!"

Danielle, 15

Stranger in the night

"I first noticed this cute lad when I went on a girly night out with my mates. After about six months of seeing him every Thursday, he seemed to disappear off the face of the earth. I was gutted and ended up driving all my friends mad by making them spend every night looking for him. We'd just walk round, scouting places out then moving on to the next.

After three weeks of this, they got

annoyed and stopped asking me to go out. But I wouldn't give up and continued my search. A few weeks later, I finally spotted the mystery man and we got talking. It only took about five minutes before I realised he was a complete nerd."

Danielle, 18

Holiday from hell

"Last summer I found out that Ben, the bloke I'd fancied for ages, and his mates were going on a lads' holiday to Ibiza. So I persuaded my friend Anita to come on holiday with me to Ibiza. When we got there, I had no idea where Ben was staying and we had to spend hours traipsing around just looking for a hotel.

Just as we were about to give up, we saw Ben and a mate walking down the street. I was thrilled. But he just looked at his friend and said, 'I can't even escape tier on holiday.' Then he walked off.

I was gutted. We ended up in a horrid hotel and I had to watch Ben pull other girls the whole time we were there."

Clare, 17

Grease is the word

"I auditioned for a part in our school play, *Grease*, 'cause I fancied the guy who was playing Danny. I was ecstatic when I got to play Sandy as I knew it'd mean I'd get to snog him. And we spent loads of time practising our kiss.

Our first night was going really well, 'til a girl came up at the end and gave him a snog. It was his girlfriend."

Jenny, 15



Stuff we'd NEVER do to get a lad miss Friends * stop feeling all unnecessary at the sight of Paul Nicholls * dress sensibly (as if!) * stop having girly nights out * give up chocolate * let him drone on endlessly about cars (snore) * pretend to not be hungry on a dinner date (like, pass the chips!)

Tribal gathering

Wanna know what a lad's really like? Stop ogling him and check out his posse, says J17's Eddy...

Ever wondered why all the guys you know want to be pals with that dead tuff lad with the bum-fluff 'tache? It's not because they particularly like him, but because they know that people are generally judged by the company they keep. And if they knock about with Beardy Psycho, they can bask in his reflected aura of rock 'ard maturity. Fortunately, you girls can take advantage of this fact. See, one easy way to get an instant snapshot of a lad's personality is by looking at those around him...

Changing man

Just say the guy you've started seeing seems top. He's romantic, sensitive and affectionate. One in a million, I know. Now look at how his mates act - like baboons, probably. Yep, that's what he's like too when you're not around.

Sorry, but it's a pretty safe bet that if his posse spend their time comparing bogies, brain cells or breasts, he's gonna do the same.

There's more to it than that, though. What a lad's mates are actually like, and how they act towards him, reveal a lot about his personality. Spunks with swarms of friends may seem groovy and popular on the surface, but it's unlikely that anyone could be liked

by everyone. A social circle bigger than the Arctic Circle indicates that your lad may be a teeny bit on the shallow side, changing his personality and mannerisms to fit whoever he's talking to. Put all his mates in one room and he'll probably explode with the strain of trying to please 'em all.

Or it could be the opposite. Everyone may want to be his mate because his uncle manages a band/his mum won the lottery/he's got a nice bike.

It's easy to tell the two apart. The first lad looks smug and makes a big show of greeting all his 'best mates', while the second looks a bit lost. Awww.

Girly-bloke syndrome

If a guy shuns the tribal approach to socialising, it usually indicates that he's sensitive and super-choosy about his friends. These lads prefer to concentrate on a few close links, rather than loads of superficial ones. But if you fancy this kind of guy, then you're up against it, 'cause he's reticent about opening himself up to new people. But once you do find out what makes him tick, it'll probably be well worth the effort.

Sometimes, though, it's almost impossible for a lad to get on with

other males. To him, they seem immature, sport-obsessed or just loud pains in the backside. This leads to what's known (in my house, anyway) as 'girly-bloke syndrome'. There's at least one dude in every year who gets on with the girls better than the lads. Other boys think these kids are soft, probably because they're jealous. But girly blokes are worth getting to know. For a start, they can give you inside info on ladland, and you won't have to worry about 'em pinching your bum.

Spineless schmuck

Some lads have a varied collection of genuine mates. They're generally the ones who do something interesting with their lives. Y'see, blokes usually bond over tangible things, like music or sport, and stick with the crowd who most appreciate their tastes.

If a boy isn't scared to do his own thing and likes, say, The Prodigy and needlepoint, it'll no doubt be reflected in the gang. This is one cool fella. Other

lads, however, like everything the group likes, without question. This sort of group usually has a lynchpin, the charisma king who the rest of the gang follow. He'll decide what's in and what's out. Everyone else agrees or is subject to ridicule by the others.

Blokes in groups like this are pretty spineless and probably personality-free. Because they can't think for themselves, they let some loser do it for them.



The decider

A boy's pals bring out either the best or worst in him. But don't worry about the mates he just hangs around with. To find out what he's really like,

keep your eye on his genuine friends, the ones who respect and admire his good qualities. And if they're diamond geezers, chances are he's a top.

INFO
01282 772233

A man and a woman are featured in the background. The woman has long, straight, vibrant green hair and is wearing a black top. The man has short, spiky, vibrant orange hair and is shirtless. They are both looking directly at the camera. The woman is leaning against the man's chest.

PAIN'TBOX XTREME

COLOUR FOR HAIR



fudge. for hair.

New!
10-page
Reality Bites

Reality bites ★ Reality bites ★ Reality bites

Over the next 10 pages, we bring you 13 amazing true experiences



Just Seventeen

Tons of toe-curling confessions every week

"Bank ro gunp

Sara Cutler, 13, went to the bank to do a friend a favour and ended up in the middle of an **armed robbery...**

"Last month, my next-door neighbour Thomas came round to my house. He's 11, a couple of years younger than me, and wanted to know if I'd go to the bank with him. His mum had given him £40 and the rent book and wanted us to pay it in for her. It was no bother and would only take a few minutes, so I agreed to keep him company. On the way there we chatted about my upcoming holiday to Skegness.

Hold-up!

When we got to the bank, we walked up to the cashier and Thomas handed over the money. She stamped the rent book but, as we turned to leave, the bank doors were suddenly flung open and two men in balaclavas ran into the room, waving guns in the air. 'This is a hold-up!' they shouted. It was like something out of a film.

One of the men went up to the cashier's counter and the other headed towards me and Thomas. It only actually took him a split-second to reach us, but it seemed to take ages as if everything was in slow-motion.

Without any warning, the robber grabbed the back of my neck, put the gun to my head and yelled, 'Give me the money or we'll blow her head off!'

Shock attack

My body went stiff and my mind went blank. It was as if I was watching the whole thing happen to someone else. But the feeling of the hand on my neck and the barrel of the gun on my head soon made me realise it was real and I was in serious danger.

Then I thought about Thomas. What if he panicked and screamed or even tried to run away? The men might just shoot him. I clutched him to me and prayed he wouldn't make a sound.

Because I was in a state of shock, the next few minutes went by in a strange haze. I was literally frozen to the spot. All I can remember is the gunman holding my head down so the only thing I could see was the floor. I heard various sounds but could only imagine what was going on.

Finally, after what seemed like

hours, the robber let go of my head and he and the other gunman left the bank. Everything went quiet.

Escape from death

For a few minutes the silence remained. Then gradually people began to move around and someone asked, 'Is everyone alright?' A couple of people who worked at the bank came over to me and Thomas to check we were



Sara being comforted by her mum after her ordeal

Robbers held me at point

REAL-LIFE
CRIME

OK. Suddenly it dawned on us that we'd almost been killed and we both burst into tears.

The manager took us into a back room and we sobbed our hearts out while he phoned our parents. The police arrived within a few minutes and asked us what had happened. We tried to remember as much as possible, but I don't think we were a lot of help – we were too shocked to remember much about the men, other than they had guns and balaclavas.

Safe and sound

Dad took me back to our home in Small Heath, Birmingham. Mum wasn't around 'cause she'd gone to visit my auntie and we couldn't contact her.

We hadn't been home long when I heard a scream from the street. I looked out the window and saw Mum running towards the house. Then she burst in through the front door and gave me a big hug. Tears were streaming down her face.

Once I'd said I was OK, she told me how Thomas' grandparents had spotted her coming down the road. They'd wanted to tell her what had happened before she got home so it wouldn't be too much of a shock for her. But as soon as she'd heard the words 'gun' and 'bank robbery' she'd feared the worst and rushed back.

Sleepless nights

As the day wore on, I thought I was dealing with everything pretty well. But that night, no matter what I tried, I just couldn't get to sleep. Every time I shut my eyes, the whole robbery would replay itself over and over in my head. I could still feel the horrible sensation of the man's rough hand on my neck and in my imagination I could hear the gun going off.



Sara and Thomas outside the robbed bank

Mum saw that my bedroom light was on and brought me a cup of hot chocolate. We were up for hours, talking about all the things that were going through my mind. She said that the more I talked about it, the more I'd get it out of my system. She told me that if I didn't confront my fears straightaway, they'd get worse.

Mum was right and when I finally went to bed, I slept like a log. I was emotionally exhausted.

Press siege

The next day, my house was surrounded by reporters. They told me the bank robbers had stolen £6,000 and taken a wallet from one of the customers. Then they'd run outside and escaped in a stolen car. I still couldn't believe

I'd got through the robbery alive.

A £15,000 reward was put up for anyone who came forward with information leading to the men's capture, but there haven't been any leads so far.

My life has started to get back to normal, but every time I walk past the bank I still get a shiver down my spine. Mum keeps saying how brave I was and how well I'm coping with it all, but it's not as if I did anything heroic.

In fact, I didn't do anything, but that's probably what saved us. If we hadn't kept quiet, I hate to think what might have happened.

Now I just want to forget about the robbery and move on. After all, it's pointless to let one bad experience destroy your life."

"The robber put the gun to my head and yelled,

'Give me the money or we'll blow her head off!'"

ADVICE

● If you find yourself in a super-scary situation like this one, it's important not to panic. Remain calm and try to think logically. And, as Sara says, don't do anything rash.

● Talking does help you to cope with your problems. ChildLine on 0800 1111 is always there to lend a sympathetic ear and everything you say will be kept strictly confidential. The call is free and won't appear on your phone bill. Careline on 0181-514 1177 also offers confidential counselling and calls will be charged at the local rate.

"I was the School slag"

Linzi, 16, wanted love and attention. So she slept with 19 boys...

"I was 13 when I started going out with Tom, my first proper boyfriend.

He was 16 and had a string of ex-girlfriends. Rumour had it he'd slept with most of them, but I wasn't really bothered. He made me feel special and that was all that mattered.

We'd been together less than a month when we first had sex. I didn't really know what I was doing 'cause most of the stuff I'd heard from people at school was lies. But I trusted Tom and all the kissing and cuddling that went along with it made me feel good.

Dangerous liaisons

Eventually Tom and I broke up and as time went on, I found myself sleeping with more and more guys. I couldn't seem to say no to them. Having sex got me attention from boys and power over them and I didn't want to give it up.

Soon it got to the stage where I was sleeping with a lad I hardly knew almost every Friday night. It didn't matter where either. Sometimes it would be in the local park, and I even had sex in the cemetery.

I didn't bother using condoms and ignored the risk of pregnancy and catching a sexually-transmitted disease. I had a pregnancy scare at least once every three months, but was too scared to go on the Pili in case my parents found out. In the end, I relied on my friends to give me their odd pills.

Talk of the town

The more guys I slept with, the more people got to hear about it. I don't know who was spreading

the gossip but it wasn't long before the whole

school knew about my sex life.

I couldn't get through a lesson without someone asking me who I'd slept with the night before, and some of the boys started

"Before long the whole school had heard about my sex life."

treating me like a prostitute they didn't have to pay.

Walking around school was a nightmare 'cause people couldn't resist shouting abuse at me. They called me every name under the sun, from a slut to a whore. I really

MY GUILTY SECRET

tried not to let it get to me, but it wasn't easy. It hurt like hell.

Sad regrets

I'm 16 now, and I've slept with 19 different guys. Recently, I've begun to have regrets about my past. All the flings and sex I had were meaningless. I thought they'd make me happy, but at night I cry myself to sleep. I've lost my friends 'cause they think I'm cheap and my self-respect has vanished. I wish I could change my past but I guess I'll just have to live with it."

Advice

- Linzi had sex mainly because she wanted to be loved, but as she found out, sex doesn't necessarily equal love. Always think twice before sleeping with someone. You'll be glad you did.
- Linzi slept with many partners but that doesn't make her any less of a person. After all, boys who sleep around aren't called names like 'slag', so why should girls get labelled this way?
- Having sex without a condom is extremely dangerous. You risk getting pregnant and catching a sexually transmitted disease such as HIV, the virus that can lead to AIDS.
- Never follow Linzi's example and take the 'odd pill' or borrow your friends' because they won't work properly. You could end up pregnant and so could they. If you want safe sex, use reliable contraception.
- If you have a question about any of these things, you can either see your doctor or visit a Brook Advisory Centre. Ring 0171-713 9000 to book an appointment.
- Remember, sex under the age of 16 is illegal.



"I lost my rag when they banned our flag"

MAD MAD WORLD

Adele Stokes, 12, (below) faced a £5,000 fine for flying a flag...

"My brother Lee and I were really excited when Mum, Dad and our grandparents decided to take us on a barge holiday. We all drove down to the Norfolk Broads from our home in Teeside and loaded up our boat. The weather was brilliant, and within a few

different European flags, so when I saw some plastic Union Jacks on sale for £1.99 at a riverside shop, I bought one. Mum and Dad let me put it on the barge's front railings.

Flying the flag

Grandpa was in the Royal Navy during the Second World War, so he felt really proud that we were flying the British flag!

Later that afternoon, as we were chugging up the river, an official Rivers Authority launch roared up and two uniformed men told us to pull over. We all gathered at the front of our boat as one of the officials said, "Did you know you're not allowed to fly the Union Jack without the Queen's consent?"

I wanted to giggle, but then the official showed us a Rivers Authority pamphlet, which said we could face a fine of up to £5,000 for breaking maritime law. Apparently, boats are only allowed to fly the Red Ensign and we'd contravened the Merchant Shipping Act!

Is Beadle about?

Dad kept mumbling something about Jeremy Beadle, and later he admitted he was about to tweak the beard of one of the officials – he was so convinced it had to be a Beadle joke! Fortunately he didn't and the river officials roared off without charging us.

Grandpa thought it was all a bit much and although we took the flag down, he complained to his local paper. As a result I was

interviewed and became a local celebrity with my little plastic flag!

Souvenir of the scene

I still don't really know what all the fuss was about 'cause it all seems a bit silly, but I've stuck the flag up in my bedroom window as a reminder. It hasn't put me off going on another canal cruise, but I won't take my Union Jack with me if we do."

"We'd contravened maritime law!"



Lee on board the barge

days we were all experts at steering and mooring. It was great fun. We'd seen quite a few boats flying



Adele with her plastic flag

TRUE-LIFE TRAUMA

"My racist parents hate my boyfriend"

Jane, 17, has a secret boyfriend, because of her parents' racist views...

"Until two years ago I had no idea Mum and Dad would refuse to let me go out with a black guy. Then they saw me chatting with three black lads when they picked me up after a night out. I didn't think there was a problem. But when we got home, Dad was fuming.

Racist rant

He asked me what I thought I was doing talking to boys like that. I told lady one of the guys (Damien) but they were just friends because I don't see that would break out, otherwise Mum and Dad said having this didn't have anything against black people, but tell me if race relationships were wrong. They said it

wasn't fair on half-caste children. I thought it was crazy to talk about children – after all, I was only 15 – but Mum said if white lads saw me with black guys, they wouldn't be interested in me!

I hit the roof. We had a blazing row, they got really angry, and I ended up in tears. In the end, they

barred me from seeing the boys again.

I went to bed feeling angry and hurt. I just couldn't understand it, as they had quite a few friends who weren't white and I'd never heard them make racist remarks before.

At school the next day my friends could tell something had

upset me, but I was too ashamed to tell anyone except my best friend. I was really embarrassed that my parents were so prejudiced.

I'm quite close to Mum and Dad and hated the bad atmosphere at home, so although I really liked Damien, I agreed not to meet him or his mates again. But it was weeks before they stopped interrogating me every time I went out.

After that I went out with a white guy, but it didn't last long. Then three months ago I met Sean, who's 21, at a club. He's black too, so although I really liked him, I couldn't help thinking about Mum and Dad while we chatted.

Locked in a dilemma

When Sean asked to see me again, I took a while to say yes. I didn't want to go against my parent's wishes, but in the end I decided I couldn't pander to their prejudice for the rest of my life.

After a week, Sean asked why he couldn't pick me up from home. When I told him, he was really upset.

We go out about twice a week and really like each other, but we have to make sure no one sees us, and I can't tell my mates about Sean in case it gets back to Mum and Dad.

Fear of the truth

I feel really guilty about deceiving my parents because I've never lied to them before, but I'm scared of what they'd do. I don't think they'd kick me out, but I'm not certain.

I've promised Sean I'll tell Mum and Dad as soon as the time is right, but so far I haven't had the nerve. I wish they could see that it doesn't matter what colour Sean is, it's his personality that counts."

Advice

- Racists use religion and ethnic origin as excuses for hating people.
- It's hurtful to be insulted for being in an inter-racial relationship, and it's even worse when your family are the ones at fault.
- For help and advice, call ChildLine free on 0800 1111 or Careline on 0181-514 1177.



"They said if I ever dated a black guy, there'd be trouble."

Jailed for smuggling

Millions of *Brookside* fans were stunned when Mike Dixon and Lindsey Stanlow were caught taking drugs into Thailand and ended up in jail facing the death sentence. It seemed almost unbelievable. But in Britain today, more and more teenage girls are getting caught up in drug smuggling – and most end up paying a heavy penalty. Drug dealers either pay someone to smuggle drugs into a country or trick tourists into carrying drugs-filled suitcases through customs. These couriers, innocent or otherwise, are known as mules. Once they become involved in smuggling, their lives are changed forever, as one girl recently discovered to her cost.

15-year-old **Christine Griffiths'** sister Sally was the life and soul of every party. Now she's **caged in a Moroccan jail until 2001...**

"Sally was a typical big sister. She's three years older than me and, although we've always argued a bit, we were very close. If I had a problem, Sally was always the one I turned to.

The wrong crowd

Then, when she was about 14, Sally started going round with a bad crowd. They used to hang about in the park or at one of the bus shelters, smoking and drinking. Somebody at school said they'd seen Sally smoking cannabis with her mates. I was quite worried, so I asked Sally if the rumours were true. 'I only do it occasionally, just to relax,' she said. 'You're too young to understand.'

After that, we began to drift apart a bit. I didn't have much in common with her new friends and there was no way I wanted to get involved with drugs.

Divorce stress

About a year later, when I was 13, Mum and Dad decided to get divorced. There were rows and things got pretty messy. We were all upset but, for some reason, it seemed to affect Sally the most. She became very withdrawn and stayed at home all the time.

Everyone was worried about her but Sally wouldn't talk about how she felt, so there wasn't much we could do. But after a few months, she started to go out again.

When she was 17, she got a job as a waitress at a golf hotel near

our home in Southminster, Essex. She met a girl called Claire Martin, who was a year older than her, and they got on really well. It was obvious Sally seemed happier than she had been for ages. It was good to see her making friends again.

Eventually she and Claire moved into a house in

Lincolnshire. They were always out partying and having a good time. I was surprised when they went off to Lincoln for a holiday with some guys they'd met. Then Mum told me the news that, completely changed, had

'Sally's been arrested for smuggling drugs,' she said. 'She's in jail – in Morocco.'



Sally aged 13



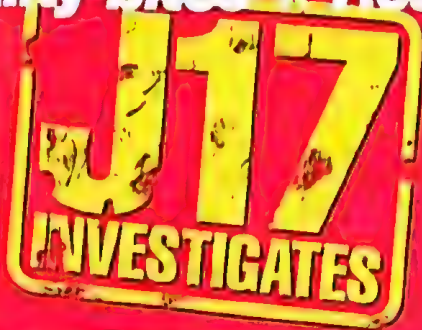
DRUG GIRLS GET 5 YRS IN MOROCCO HELL JAIL

Five years

Casablanca
cannabis

was stressed. What was Sally doing in Morocco? Had she been tricked into smuggling drugs? How long would she be in jail? It was too much to take in and I burst into tears.

Drugs



Christine only has Sally's teddy to hug

The Foreign Office said Sally and Claire had been arrested at Morocco's Casablanca airport with 6kg of hash – worth £21,000 on the streets – in the linings of their suitcases. Sally had cried hysterically and begged the police, 'Tell my friends I love and miss them, and ask them to do all



touch. Sally was wearing a black suit, her feet were chained and she seemed pretty down.

She told Mum she was caged for up to 19 hours a day and shared her cell and one filthy toilet with seven other women.

There were cockroaches everywhere and they had no beds. During the day it was amazingly hot and sticky but at night

it was freezing cold.

Sally and Claire thought they were just taking souvenirs out of the country for a businessman they'd met in Morocco. Mum said she couldn't help crying and although Sally tried to turn away, it was obvious she was in tears too.

Caged for five years

A couple of weeks after Sally was first jailed, she and Claire were found guilty of smuggling drugs. The judge presiding over the case refused to believe they'd been tricked into handling the drugs and they were jailed for five years and fined £400 each. When Dad told me about it, I just sobbed uncontrollably. It was like a bad dream. My sister would be living

in hell for five years.

A few weeks have passed since then and we're all trying to cope with it as best we can. Mum's on antidepressants and gets quite upset over the smallest things. Dad tries to be calm all the time but you can see the worry in his eyes. My three older sisters are still in a state of shock and I just try to take one day at a time.

Dirty

I cry a lot whenever I think about Sally and I'm not sleeping very well because I keep imagining her falling really down in her dirty, tiny cell. I'm constantly writing her long letters and I've sent her some

photos of the family to keep her going, but I don't know how much it helps. I keep her old teddy in my room and wear her favourite perfume to remind me of her. I'm also saving up to visit her in prison in Morocco, but I don't know how I'll bring myself to say goodbye when it's time to leave her.

Recently, we've heard that one

of the other prisoners, a woman called Big Mama, is helping Sally and Claire get used to life in prison and that Sally is starting to learn Arabic. But much as she wants to come home, Sally feels really embarrassed and ashamed and is really worried about what her friends will think about her.

Silly

I love Sally more than ever, but I can't help being angry with her too. Whether or not she knew about the drugs, it was still a really stupid thing to do. Surely she must have been suspicious about someone asking her to carry souvenirs? And if she did know she was smuggling drugs, she was even sillier. No matter how much money might have been involved, the heartache

she's caused the whole family hasn't been worth it."

Christine's mum Angela told J17: "It'll be 2001 before Sally gets out. She won't be the same girl when she comes back and will never forget this experience. What she is going through must be horrendous."

"She shared her tiny cell and one filthy toilet with seven other women."

they can to get me out.' The Foreign Office said she needed money to pay for a lawyer and to buy food in prison. While Dad got the money, Mum flew to Morocco to see Sally and take her some warm clothes.

Chained up

Mum was only allowed to visit Sally for 20 minutes and they had to speak to each other through a grille and couldn't

Advice

- Taking drugs is a mug's game and smuggling them is just as stupid. Chances are you'll get caught and could risk a huge fine, imprisonment or even the death penalty.
- Don't think you won't be searched 'cause you're a girl, or that being British will make things any easier for you. It won't.
- Always pack your own bags and never leave them unattended once you leave home. It only takes a second for a criminal to plant drugs on an unsuspecting tourist.
- Never agree to take a package through customs for somebody else, even if it's someone who seems

trustworthy. Smugglers are brilliant con artists and claiming that you were tricked into smuggling is tough to prove in court.

- Don't accept free holidays or gifts of luggage from virtual strangers. If something seems too good to be true, then it probably is.
- If you are arrested while travelling outside Britain, contact Prisoners Abroad (0171-833 3467) for advice and practical support.
- Finally, if drugs are causing you grief or you're worried about someone close to you, call the confidential and free 24-hour National Drugs Helpline on 0800 776600.

rs in
ica for
girls

"I was electrocuted saving my puppy"

When 13-year-old **Jacqueline Muff**'s dog was in danger, **she risked her own life** trying to rescue her...

"I'd just broken up from school for the summer holidays. My brother Jamie, his mate Nathan and I decided to take my dog Cassie for a long walk. She was an Alsatian and 'cause she was only three months old, she looked like a fluffy ball. She loved going for walks and was so curious about things that she often ran away from me so she could go off exploring.

On the wrong track

While we were all walking by the railway track I noticed a hole in the fence. Cassie saw it too and decided to investigate.

She bolted through the hole and ran up onto the embankment. Looking around, she saw the railway line and decided to sit on it. I called at her to come back, but she just made herself comfortable and refused to move.

Instinctively, I ran towards her. My only thought was that I had to save her life. The embankment was really steep but I managed to clamber up and walk across to Cassie. I grabbed hold of her and bundled her to the side of the track.

Suddenly, I caught my foot on one of the rails and fell to the ground. As I stretched out my arms to break my fall, my right hand brushed the railway line. A massive bolt of electricity shot up my arm and through my body. The power of it threw me about seven feet into the air. As I landed, I hit my head on a tree.

I screamed for Jamie and Nathan and they came running up to help me. I sat by the side of the track,

It showed that my heart was beating at 227 times per minute, which is about three times faster than normal, so I was kept in overnight.

Gradually my heart calmed down and I felt better. I was told 750 volts of electricity – equal to the power in 500

Walkman batteries – had gone through my body. The doctor said it

was a miracle

I'd only got minor burns on my hands and legs.

Healing time

I'm starting to get over the shock now. My hair's frizzy still, but my scars are healing. Cassie escaped without a scratch, only to get hit by a car the next day – so she ended up with a bandaged leg anyway! I don't regret risking my life to save her for a moment. Mind you, although it all happened a few months ago, I still won't go near any trains. I'd rather travel by bus."



Jamie and Nathan walked on, but I began to panic. A train could've come along at any moment and if Cassie didn't hear it she could've easily been run over and killed.

shaking and crying, with all my hair standing on end.

Heartbeat frenzy

Cassie sat beside me, completely unharmed, while my brother ran off and called an ambulance. When it arrived I was taken to hospital and linked up to a heart monitor.

Advice

- It's illegal to trespass on railway lines. Apart from the danger of being run over by a train, you could also be electrocuted by the currents in them. Jacqueline was lucky to escape with just minor burns.
- Pets can usually get themselves out of difficulty without any help. But if yours needs rescuing, call for expert help and don't embark on a dangerous solo mission.

"Haunted by a phantom nurse"

WORLD OF STRANGE

'Hello,' I called, assuming it was Mum and Dad. 'Did you have a good time?'

16-year-old **Grace**'s holiday ended in terror thanks to an uninvited guest...

"Last summer I went on holiday with my mum, dad and cousin, Jess. We were staying in a rented holiday cottage in Whitby, West Yorkshire. It was an odd-looking place, but it didn't seem spooky until I got the feeling we weren't alone.

Whenever I went upstairs I sensed I was being watched, even when I knew there was no-one else around. I tried to convince myself I was imagining things, but deep down I knew something was wrong.

Toilet terror

Then one day Jess came out of the loo in a real state. 'Something weird's going on,' she said. Apparently, while she was in there, the attic

door in the ceiling lifted up. It went up high and moved slowly as if it was being pulled up, but there was nobody there.

Later in the week, I was in the bath when I felt there was someone else in the room.

I looked up at the attic door and it slowly began to open.

I was so terrified I just legged it.

We told my dad what had happened but he said, 'Don't



"She stood there in a Red Cross uniform."

worry - it's just the wind.' But there weren't any draughts in the cottage and the door had opened far too slowly for it to be caused by the wind.

That night, Mum and Dad went out for a drink leaving Jess and

I alone. We were

sitting in the living room watching *You've Been Framed* when I heard the front door opening.

There was no answer. Then I heard footsteps coming up the stairs. Seconds later, the figure of a nurse entered the room.

Fright nurse

The ghostly nurse just stood there in her Red Cross uniform. Jess and I were so scared we couldn't move. 'Do something!' I screamed at Jess, but I didn't have a clue what she could have done.

The ghostly nurse then moved out of the lounge to our bedroom. Jess and I just sat there and pretended to watch the telly, trying to ignore what we'd seen. When my parents came back we told them about the ghost. But they just said we were being silly.

Jess and I were petrified for the rest of the week, but luckily we didn't see the ghost again. It was a huge relief when we went home. Whatever anyone else thinks, I'm positive the cottage was haunted. Before the holiday I didn't believe in ghosts - but now nothing can convince me they don't exist."

"Torn between two luscious lads"

When 17-year-old **Patricia Linke** fell in love, she had no idea how complicated things would be...

"Ben and I first met in Poland when I was 15. I live there and he came over from England on a camping trip. I visited the camp with some friends and found it really easy to chat to Ben. He was three years older than me, but we got on so well I soon fell in love with him.

Fit and Polish

I was really upset when his holiday ended, but we wrote to each other and it made things easier. A year later, Ben came back on another trip and I was in heaven. He was even cuter than I'd remembered and we were inseparable.

Alex was another lad from England who I met at the camp. He and Ben

didn't know each other, but he was the same age as Ben and really easy to talk to. But Alex was no more than a mate - I loved Ben.

Once Ben and Alex went back to England they both wrote to me. Alex sent a couple of chatty letters, then wrote one saying he'd fallen in love with me. I was pleased as no other boy - other than Ben - had ever loved me, but I had to write back and explain I was still crazy about Ben. Luckily he understood and hoped we could still be friends.

"He understood and hoped we could still be friends."



Connect call

I got fewer and fewer letters from Ben, until he finally wrote saying he'd found a girlfriend in England. I was really upset and shocked.

Then, out of the blue, Alex phoned me from England. I was so surprised I nearly fainted. We chatted for ages and he was so funny and warm I couldn't stop thinking about him when I'd put the phone down.

Then he phoned on Valentine's Day to say he still loved me and wanted to see me. I was confused. I still cared about Ben but I thought that if I saw Alex it might help me to sort my feelings out.

Alex eventually visited me in Poland and I came to realise it was him I loved after all. I was so upset when he had to go home I cried for three days.

Alex party

Soon afterwards, I was amazed to get a letter from Ben. He wanted me to visit him and as I read his words all my old feelings for him came back. But then I thought about Alex's lovely brown eyes and how he'd waited for me for over a year. So I decided to forget about Ben for good.

Alex has just asked me to marry him and I said yes straightaway. He's coming to Poland at Christmas and I'm counting the days 'til I can hold him in my arms again."

If you have a true-love tale to share, send it to 'Reality Bites', J17, 20 Orange Street, London WC2H 7ED. Please include your phone number in case we have to check any facts. If your story's printed we'll pay you up to £50.

“Sex swap ruined our friendship”

When **Carrie, 17**, agreed to swap boyfriends with her best mate for a night, **disaster struck...**

“When I was 15, my life was very simple. I had a great best friend called Maria who I'd known since nursery school and a loving boyfriend, Will. Maria was seeing Will's best mate Adam, so the four of us were really close and everything was perfect. Will and I had been going out with each other for months when we first started talking about sleeping together. Adam and Maria were considering having sex too. The boys were 16, a year older than us, and we were all virgins.

Losing it

One weekend, Maria's parents were away and the four of us decided to sleep over at her house. It was the ideal opportunity. As Will and I made love in one room, Maria and Adam also lost their virginity in another.

I'd been a bit worried about the whole thing, but it wasn't as bad as I'd expected 'cause I really loved and trusted Will.

The next morning we all had breakfast together and talked about it a bit. It wasn't a big deal though, 'cause we were all so close we could talk about almost anything.

Orgy talk

As the months went by, Will and Adam began joking about the four of us having an orgy. Once, Will even said to Maria, 'I'll have you one day!' but none of us took it seriously. The whole idea was just too bizarre.

One day, Adam turned up at my house and asked if he could have a word. We'd never really spent time on our own together, so I wondered what was going on.

We watched telly for a bit and then, without warning, Adam

said, 'You know we're always messing around about having an orgy? Well thinks we should swap girlfriends for a night.'

I was so shocked, I didn't know what to say. 'Maria's agreed to it,' he added.

My immediate reaction was that it was a bad idea, but Adam spent ages trying to persuade me. As he talked, I became more curious. After all, Adam was pretty cute and it wasn't as if I was being unfaithful to Will 'cause he was doing it too. Eventually, I agreed. Adam said the others had arranged to meet later at Will's house 'cause his parents were away.

When I got to Will's, he and Maria were sitting really close together on the sofa. As soon as I saw them I knew what we were doing was wrong, but things were moving so fast I didn't get the chance to back out.

I felt sick

Adam grabbed my arm and led me upstairs. I looked back and saw Will leaning over to kiss Maria. It made me feel sick.

Once we got upstairs I hoped Will and Maria would change their minds at the last minute. But I soon heard noises from the living

room and realised they hadn't. It was then that I decided to go through with the plan and sleep with Adam. I wanted to get back at the others for not changing their minds.

Undressing in front of Adam was really embarrassing 'cause



uncomfortable

a word

“As soon as I saw

them together I knew

it was wrong.”

we were mates.

We were both so uneasy that

we hardly said a word to each other. It was more a case of getting it over and done with.

Afterwards, Adam didn't seem bothered about what we'd done. But I felt guilty and dirty. It was

as though we'd had sex just to prove we could.

The next morning, the door opened and Will walked in with his arms round Maria. He glanced at Adam and said, 'How was it for you, mate?' Adam looked furious. 'Take your hands off my girlfriend,' he snarled. But Will just grinned and kept his arms round Maria.

Relationship

SEX CONFESSION

**we were both so
hardly said
to each other."**

Until that moment, I'd thought the four of us would wake up, laugh it off and forget the whole thing. But when I saw Will and Maria looking so coupley, I knew everything had changed.

Maria hardly looked at me. It was as if they'd both been waiting for a chance to get together and last night had been the perfect excuse. I couldn't stand seeing them together, so I grabbed my stuff and left. I ran all the way home, rushed up to my room and cried my eyes out.

Neither Will nor Maria phoned me over the next two days and I felt really lonely. I'd lost my boyfriend and my best mate and didn't have anyone to turn to.

It's a nightmare

I prayed Maria would call and say she'd made a big mistake and everything was going to be alright. But when the phone finally rang, it was Adam. He was as upset as me, but when he asked if I wanted to go out with him I slammed the phone down. He obviously thought that 'cause Will and Maria had gone off together, we might as well too. But I didn't want to be anyone's second best.

Going to school on Monday was a nightmare. I walked through the gates and saw Maria and Will standing together, looking really happy. They both ignored me.

The next few weeks were horrible. Mum kept asking why Maria and I weren't speaking. I couldn't tell her the whole truth, so I just said she'd gone off with Will.

Over a year has passed now and Maria and Will are still going out together. I see the two of them virtually every day at school but Maria and I haven't spoken since that night. I've made some new friends and although I feel angry with Maria, I do miss her. I think she probably regrets what happened, but is too scared to contact me in case I'm mad at her.

Lost friendship

It's amazing how much we threw away for one insane night. I'd thought Maria would always be my best mate and I'd be with Will forever, but everything's different now. If anyone ever suggested swapping boyfriends now, I'd tell them to get lost. Once was enough – there's no way I'd ever do something that stupid again."

Advice

- Although Carrie and her friends thought they were mature enough to handle sex, they ruined a great friendship by playing emotional and sexual games.
- If you're ever tempted to mess around with your own or other people's feelings, stop and think about what you're risking before you make any decisions. It might save you from a disaster like Carrie's.
- And remember: sex under 16 is illegal!

If you have a real-life experience to share, send it to 'Reality Bites', J17, 20 Orange Street, London WC2H 7ED. Please include your phone number in case we have to check any facts. If your story's printed we'll pay you up to £50.

Snog fest



STAR LETTER

Long distance love

Dear Jason

Words could never describe just how I feel about you. It's been three and a half years since we got it together and you never fail to make me smile, even when I'm grumpy! You proved to be the best when my family moved 50 miles away and you travelled to see me every week. That really made me feel special. I know that you'd do anything for me – that's how great you really are.

Just so you don't ever forget – I love you!

Pamela
-♥- (Surrey)

Home and away

Dear James

As soon as I saw you, I knew that you were the one for me. Two years and four months later, you still are. I know I tell you this all the time, but I love you so much, more than anyone else! We've shared so many happy times together – like our recent holiday – and I'm sure we've got plenty more to come. Love forever and always

Your rubber duckie woman
Amie (Cheshire)



I'll be there

Dear Stefan

It's hard to describe how happy I am being with you. From the moment I saw you, I knew we'd get together. You've made me the happiest person in the world. Although we haven't been together for long, I can't imagine life without you. Never forget how much you mean to me.

I love you
always
Marie-Claire
(Scotland)



Achy breaky heart

Dear Odie,

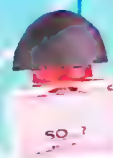
When you finished with me I felt a pain and knew it was my heart breaking. Now we're back together, I'm the happiest girl in the world. Because we love each other I know that nothing will ever separate us again. I hope we will be together forever.



Love ya loads
Huggy Ape
charlie

(Salisbury)

Send your letters of love and pictures of your lad to 'Snogfest', J17, 20 Orange Street, London WC2H 7ED. The writer of the star letter each week wins a bottle of So...? for girls with a certain attitude. Remember, we can't print any letters without a photo!



Nordic uproar



Boy file:

Name: Dan Craig.

Born: February 5 1978.

Lives: York. "But I'm a Geordie at heart, 'cause I used to live in Newcastle."

Likes: Jamiroquai, Oasis, cycling and mucking about with his mates.

Dislikes: "Stupid people, manufactured boy bands and Lisa 'Anson."

What's on his stereo: "The new REM album - it's a corker!"

Ideal celeb babe: "Winona Ryder. She was so cool in *Reality Bites*, my fave film."

Snog status: Single. "I'm not massively bothered about having a girlfriend, unless there are any offers out there."

Best bit of the job: "Dressing up in daft clothing and getting paid for it - the pay's well above the average."

Worst bit of the job: "I'm constantly losing my voice because I have to shout so much. Sometimes if I've got an early start, I don't really feel like it - until I see the crowds."

Gratuitous Dan fact: Deeply undippy Dan managed four As at A Level and managed to make it into his local paper. Who's got a longboat full of brains, then?

Viking man Dan, 18, takes us round his second home, the Jorvik Centre, York...

Viking dreamboat

"I saw an ad in the job centre saying, 'Vikings wanted, no experience necessary,' ha ha. They wanted someone with a theatrical background and I'd spent a couple of weeks at acting school, so I thought it would be a right laugh."

The woman behind the counter at the job centre was laughing her head off when she called the Jorvik Viking Centre to find out more about the job. That got me really worried, I can tell you. And I was quite embarrassed when I found out I'd have to dress up.

On my first day outside, entertaining the queue, all my mates came by and gave me a wave. I was so embarrassed, I just wanted to be somewhere else. They still take the mickey on a regular basis, but all they do for a living is flog shoes."

Sails of the century

As museums go, the Jorvik Centre's pretty different. Usually everything's in glass cases and you're not allowed to touch it, but here you see everything as it really was, and it's great. Us 'interactives', as they like to call us, put a bit of life into the centre. I spend an hour each day outside

entertaining people waiting to come in. I have to dress the kids up in Viking clobber and let them try on my helmet and polish my sword! Some of the kids get a bit hyperactive and start attacking me with their swords, but I've never lost my temper with them. Not so far anyway!

I like working with children because they're loads of fun. It makes a big difference for them having someone to talk to and laugh at - and believe me, they do a lot of laughing at me. But I laugh at myself for being foolish enough to take a job where I have to dress up as a Viking all day.

Scandi eye candy

My working name is Oric, although I don't know if it's a genuine Viking name. I'd love to do this again next year. I suppose the job's vaguely intellectually stimulating and it's loads better than standing around in a shop, although some of the visitors can be a bit slow. A couple once asked me if Vikings really wore watches in Norse times, just because I'd forgotten to take mine off.

Everyone I work with is great. We get on well and go out a lot. It would be cool to travel back to Viking times and see how realistic the centre is, though it probably wouldn't be half as much fun."



Pillage people

"The Vikings' faces down here were reconstructed from skulls they found on site. Pretty clever, huh? It's weird to think someone had exactly the same face over a thousand years ago, croaked it, then got dug up and reconstructed."

Sole destroying

"One of the worst things is getting wet when you're working outside. You get soaking wet 'cause the Viking shoes leak. They're pretty stylish, aren't they? You can get them in any colour you like, as long as it's tan."



ROOM WITH A PHEW!

Room with a poo!

"There's a tray of Viking poo in the laboratory, which the kids love prodding around. It's genuine fossilised poo that the archaeologists found in the cesspit here."



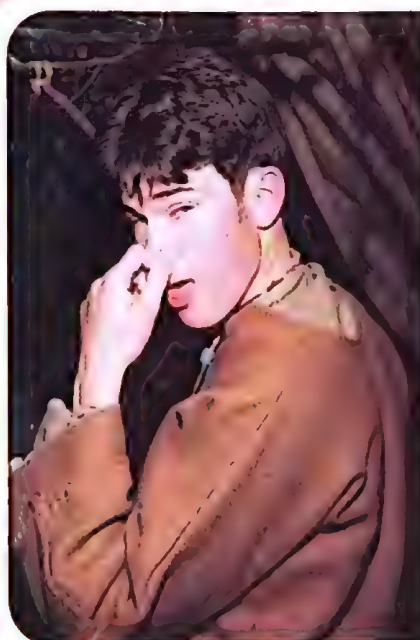
Dan tends the Viking barbecue.

Days of plunder

"I'd hate to have been a Viking, because the lifestyle must have been pretty disgusting, and I'd probably have stunk of goat or something. The museum recreates genuine Viking aromas – it's a bit nasty, but you get used to it."

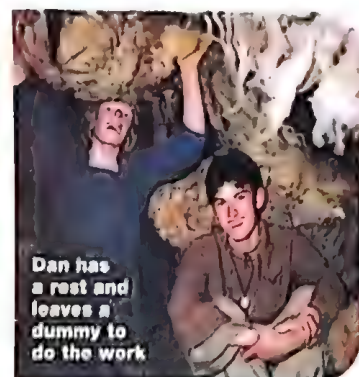
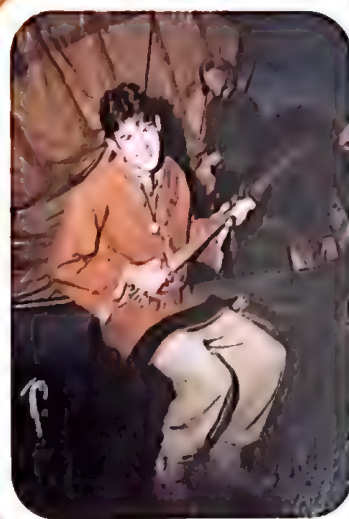
Nordic but nice

"I haven't picked up any Viking decoration tips for my room at home. I'd rather stick with my 20th century painted walls, central heating, and hot and cold running water than fur throws and rotting meat, thanks."



Inspector Norse

"It's a bit spooky sometimes when you're down here on your own, late at night. I don't believe in haunted houses, but if I did I'd probably think this place was haunted. It is a bit like people coming to life again."



Dan has a rest and leaves a dummy to do the work.

You're history

"We had a group from a language school in the other day. They were all from different countries and couldn't decide what language they wanted to hear the recorded spiel in. They kept arguing among themselves and the museum's buggies were all involved in a massive pile-up."

Confidence quiz

Are you an approval junkie?

Do you suit yourself or worry what other folk think? Try our quiz and see...

1 Sorted! You've hit the shops and come back with a winner of an outfit. What's the first thing you do?

- a) Stash it at the back of your wardrobe and see if any of your mates are wearing it before you do. Why take chances?
- b) Wear it to a party that very night. You like it and that's all that matters.
- c) Get your best mate to come round for a first viewing and much-needed style counsel. Hey, you need the help.

2 The neighbourhood nerd's just asked you out on a date. Everyone you know reckons he's a right geek, but you can't help thinking there's summat spunkville about him. Whaddaya do?

- a) Give him the once over and say, "Get lost, pal! Go out with you? As if!"
- b) Tell him to keep his voice down, look shiftily from side to side and say you'll think about it.
- c) Say you'd love to and suggest doing something with your gang.

3 A new cool club has just opened and your mates are off to check out the talent. But you'd rather stay in 'cause you've been dying to see the repeats of *Life On Earth* on telly. Whaddaya tell your pals?

- a) The truth. Then invite them round to goggle the box with you.
- b) That your gran's having an in-growing toenail removed that night and you've gotta stay at her hospital bedside. After all, the old girl needs you.
- c) Nothing. You go with 'em, but make sure your mum tapes your prog.

4 You've won first prize in a local poetry comp and your mum's gone berko. She wants to invite all your pals round for a poetry reading, courtesy of you and your little bro'. How you gonna cope?

- a) Tell your mum you've lost all your poems and besides, your mates have all gone away for the weekend. Phew! That should keep her quiet for a while.
- b) Go along with her daggy plan. You couldn't bear to see your mum hurt.
- c) Emigrate to Australia, where as far as you know, they're not into poetry.

5 The bloke you fancy is a mad indie kid, while you're strictly

Top 40. You really want to impress him, so how d'you go about it?

- a) Wear your dad's old fishing hat, a pair of Adidas tracky daks and a skinny-rib cut-off tee, while conspicuously wielding the latest *NME*.
- b) Ask him to accompany you to the Boyzone gig you've already bought tickets for. Honesty is the best policy.
- c) Wear your Take That RIP badge and take the mick out of his Liam bowl-cut.

6 Your new lad's a full-on vegan and a member of heaps of animal rights organisations. But you love meat and could never forsake your leather jacket. Whaddaya do?

- a) See no alternative but to dump him. If it's a Big Mac or him, well, there's no competition is there?
- b) Think about the issues involved, then tentatively turn veggie.
- c) Throw yourself into every animal rights campaign you can and disown your flesh-eating family and friends.

7 Your mates want to see Arnie in *Eraser*, but action flicks ain't your bag and you'd rather check out *The Hunchback Of Notre Dame*. What now, eh?

- a) See *Eraser* with everyone else, cause you don't want to look a wuss.
- b) While everyone else files into *Eraser*, hang back and sneak in to see *Hunchback*, then meet up afterwards.
- c) Tell everyone you think Arnie movies are mindless and you're off to gain some philosophical enlightenment from Walt Disney. So there.

8 When you're talking to your mates, how often do you ask their advice and opinions?

- a) Constantly. You're not a mind-reader!
- b) Sometimes. You can usually second-guess them and know how they'll react.
- c) Never. Who cares what they think?

Test your guess scores

- 1) a1 b0 c2
- 2) a2 b1 c0
- 3) a0 b1 c2
- 4) a2 b0 c1
- 5) a2 b1 c0
- 6) a0 b1 c2
- 7) a2 b1 c0
- 8) a2 b1 c0

0-4 Loose cannon

Calmer pyjamas! You truly don't rate what anyone else thinks - you're your own hero.

Your confidence is staggering, but some people may find you a bit over the top. You have an uncanny knack of being able to make folk think they're unimportant to you. Better watch out!

5-11 Give 'n' take gal

Your mates seek your approval and ask your advice as much as you do theirs, which makes you a pretty cool person to hang out with. You

do care about other people's opinions, but would never let 'em stop you doing what you want to.

12-16 Approval addict

Have you got a mind of your own, or what? It's all well and good fitting in and getting along with everyone, but if you're not careful you'll just fade into the background. Don't be afraid to disagree with others. Stand up and be counted.



Name: **Shellie** from *Alisha's Attic*

What she's sharing: Coping with a compulsive disorder



the stars tell us their problems

★ When did you first start suffering from obsessive compulsive disorder?

"I've had a range of compulsive disorders since I was young. When I started primary school I couldn't touch anything – I'd pull my sleeve over my hand before I could even touch the light switch. I'd sniff everything and scrub my hands so much that the skin split around my fingers."

★ How did you control it?

"I actually grew out of my hygiene obsession but now I do other things. My disorder means I have to line things up so they're all regimental. If something's even one centimetre from where it's meant to be, I have to put it back in place. Just before we went on *The White Room* I decided that if I could play *The Sound Of Music* seven times without any mistakes on my recorder, the show would be alright. It gets to the point where I think I'm never going to get onstage, 'cause I have all these other things to do."

★ Why do you have to perform all these strange rituals?

"I've got this idea that if I don't do them, something really bad will happen. It's scary. I can't even leave the house without making these cross signs on the door and kissing the lock three times with my finger. I always imagine something terrible happening to my family if I don't do these things."

It's a very deep feeling. I've actually walked out of an airport before because I couldn't get on the plane unless I dropped a pebble in a sink. I had these lucky pebbles and I had to drop them everywhere I went."

★ Have you ever risked it and missed out a lucky ritual?

"No, I wouldn't even chance it. Once my boyfriend tried to drag me away from the door because we were late. I cried and got so hysterical he had to let me go back. I wouldn't tempt fate."

★ How did it affect you when you started going out socially?

"It got slightly better when I was a teenager. I was able to act normally with my friends, but as soon as I was alone there were all these rituals I had to do. My best friends knew about it but I made a conscious effort to hide it from other people 'cause I knew they would think that I was totally bonkers."

★ How did the people who knew about your disorder react?

"A lot of them said I should go to a psychiatrist. They didn't think I was mad but they thought I needed help. I was offended by that 'cause I thought I was fine. But Mum was really cool about it. She was used to me doing strange things, so she'd just say, 'Well, that's Shellie being Shellie.' My parent's attitude was 'that's what you're like and you'll grow out of it.'"

★ Does your disorder alarm you?

"I find it frightening especially when people remind me of what I'm doing. Then I think, 'God, I wish I could stop doing it.' It rules my life. Once I get an idea in my head I have to go through with it. If we're doing a TV show, I think I have to go on with one sock on or something. It's quite shocking."

★ Have you ever had any professional help?

"I haven't but I'm getting to the stage where I'd really like to talk about my disorder without being judged. It would be good if I could escape the cycle – it would make my life easier when it came to things like travelling."

★ Are these rituals just a habit that you can't break?

"It's more than a habit, it's a fear. If I'm feeling brave I'll walk out the door without doing anything – but then I run back and do them. The fear always takes over. As I get older I find more and more people have strange little quirks they can't help and I think I'm just a more extreme case. I've more or less integrated these things into my life and accepted I have to do them."

★ What advice would you give to someone in the same situation?

"I haven't got over my disorder yet but I try to be positive about it. I'm quite optimistic about it 'cause I grew out of my cleanliness obsession and I think in time I'll grow out of the other stuff too. I'm always worse when I'm on my own – it helps to keep your mind busy and be occupied with other activities."

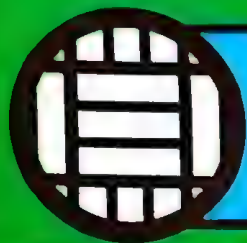
Advice

- Don't panic if you have odd little habits or rituals. Most people do, but try not to let yourself get too obsessed with them.
- If you feel these rituals are getting out of hand, go and see your doctor who can refer you to a counsellor.
- For further information, Mind, the mental health charity, have a booklet *Understanding Phobias And Obsessions* which costs £1 with a 31p SAE and is available from: Mind Publications, 15-19 Broadway, Stratford, London, E15 4BQ. Or ring Mind's information line on 0345 660163.



jay kav
jamiroquai
tari just seventeen

United colour Beck



David Beckham factfile



Age: 21
Star sign: Gemini
Height: 6ft
Weight: 11st 2
Born: Leytonstone, London
Club: Manchester United

Should we have heard of him? Heard of him? The lad's not been out of the headlines for weeks and unless you've spent the last six months stuck on Mars without a telly, you can't have missed Dave's pop star looks!

Pop star looks?

Too right! Becks is challenging Liverpool's Jamie Redknapp for the title of footie's foremost babe-magnet. The Manchester United star scored a 50-yard wonder-goal against Wimbledon last month, made his England debut in the recent 3-0 win over Moldova and is way ahead of his team-mates in the female fan stakes. Only Ryan Giggs receives more saucy letters – and he's been around for yonks! **Did someone mention saucy letters?** Sure did. Becks might

get his fair share of autograph requests from eight-year-olds, but not all his post is innocent. Female fans send him kinky knickers by the sackload!

His mum and dad must be proud of his footie success.

Sandra and Ted are over the moon. Ted's a United supporter and travels all over the world to watch his son play. "When I scored my first goal for United, Mum was in tears, and my dad shot right out of his seat and head-butted a bloke next to him," says Becks.

So how come the East End lad ended up in Manchester?

Dave began his footie life at Tottenham Hotspur where he trained with Jamie Redknapp as a 12-year-old. Then a talent spotter from Manchester saw him playing for his local side,

Waltham Forest. When Becks was told United wanted him to go for trials, he jumped 10 feet in the air and started screaming, "That's what I've always wanted!"

Don't they hate cocky Cockneys oop north?

Not this one they don't. Besides, Becks has adopted Manchester as his home town. When he finished school in Chingford, Essex, he went to live in Manchester. That was five years ago. **You mean he flew the nest at 16?** Er, not quite. When Becks

swapped Essex for the beautiful north, he moved in with a local family who adopted him as one of their own.

Has he got his own place now?

Sure has. Earlier this year, Dave got his own luxury bachelor pad next to Giggsy's gaff. It's all Dave's during the week, but he puts his folks up the night before every match. "Dad, Mum and my sister Louise come to most matches. I'm not sure Louise comes to watch me, though. She's

more interested in the fact that Ryan Giggs lives nearby!"

Is he loaded? Just a bit. Becks might only be 21 but he takes home two grand a week. What's more, he's due a £6,000-a-week pay rise later this year. A 21-year-old with an annual wage packet of nearly half a million must be a good catch. **But he can't be single.** Not every fit footie star's loved up, y'know. Becks likes to keep his romantic dealings under wraps. Rumours that he's split from his long-term

"Yes, I do need looking after."

girlfriend have pleased almost every lass in the north.

Any chat-up lines we could use?

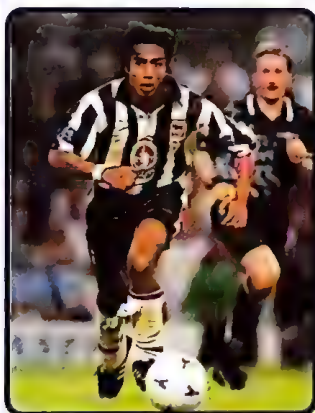
Don't bother telling him you're the biggest Man United fan in the world and he's the bestest player ever. He probably hears that from every girl who tries her luck.

So what d'you suggest? Well, you could discuss your Saturday job as a waitress. Becks used to be a waiter at Walthamstow greyhound track and he'll no doubt love to be



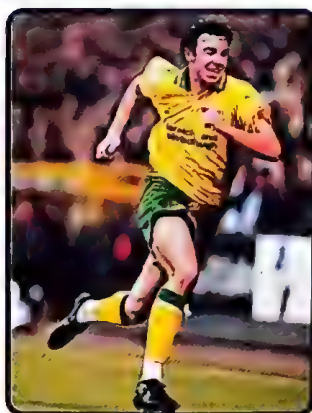
Sharp shooter

And there's more! These fwoarsome fellas are the fittest new recruits to arrive on the top footie scene...



Bobby Petta
Ipswich Town

This Dutch 22-year-old may play in the First Division, but he's top flight talent.



Keith O'Neill
Norwich City

Beefy Keithy's 20, floppy-fringed and Irish – need we say more?



Ben Thatcher
Wimbledon

Don't panic, this well-fit young winger's no relation to ex-premier player Margaret.

of Khahm

Horny red devil David Beckham is the Man United midfielder with the mostest. J17 gives him a fitness test...

reminded of this when he's out acting cool with his famous mates. Come to think of it, maybe stick to the old fan-worship line after all! **Where does he hang out?** Er, you could try Old Trafford, the home of Manchester United. He plays there every other Saturday. Failing that, wait for him outside the club's training ground. On weekdays he usually heads for home just after lunch.



Trophy man

But what if we don't like footie? Not a problem. After a good game, Becks can be found hanging out in the ultra-trendy Courtney's wine bar or Disco Royale in Manchester. Alternatively, you might catch him

cruising in his £20,000 black sports coupé. The personalised number-plate is a dead giveaway!

No doubt the car will be full of his footie mates. Don't bank on it.

Becks is a tad protective of his Honda Prelude and once refused one of his team-mates a lift home from training in case they "scuffed up the leather seats" he'd just fitted.

A bit of a poseur, then? "He's a typical Londoner who loves flash gear," says Lee Sharpe, Beckham's ex-room-mate. "He's a brilliant lad."

Are you saying he's turned into a big head? Not a chance! Becks might be the hottest property in football but he's not arrogant. "You can't let things go to your head," he says. "You'd get hammered by the other lads and the boss would come down on you like a ton of bricks!"

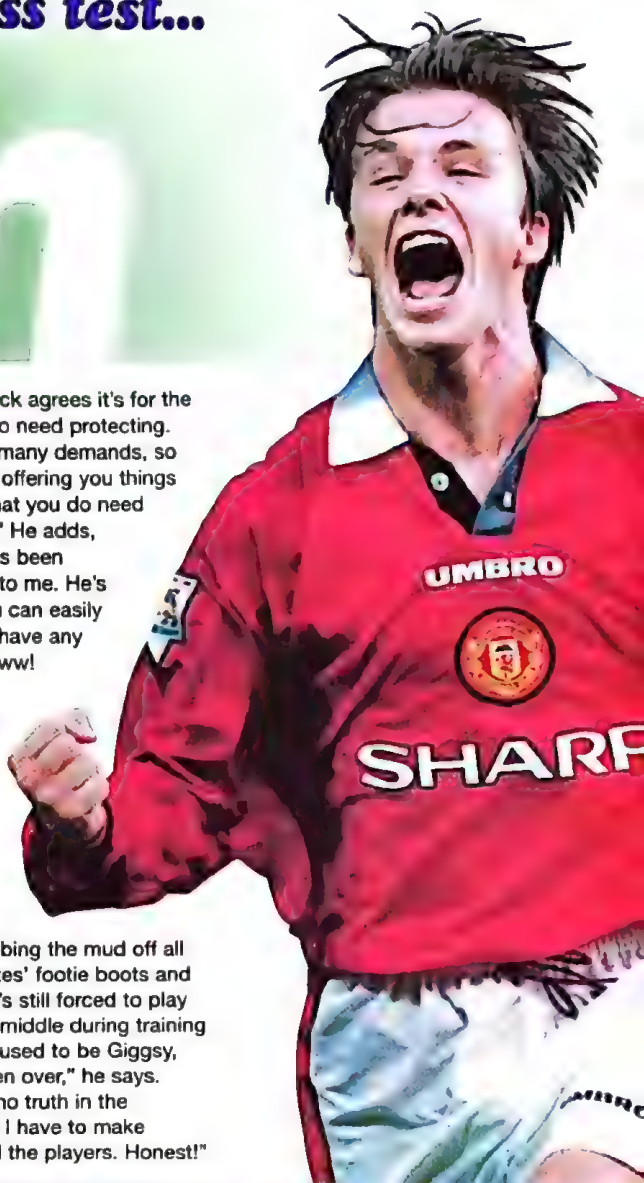
Sounds like a nice boss... Well, Dave's manager, Alex Ferguson, has been known to lose his temper, but he's really only trying to protect his favourite youngster from the pressures of stardom. He's even banned him from speaking to the

press. But Beck agrees it's for the best: "Yes I do need protecting. There are so many demands, so many people offering you things all the time that you do need looking after." He adds,

"The boss has been unbelievable to me. He's someone you can easily talk to if you have any problems." Aww!

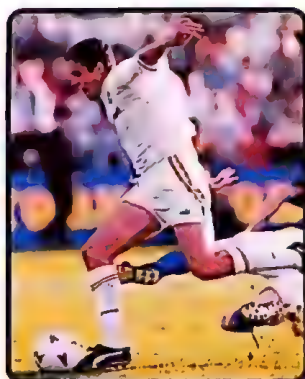
Life can't always have been so glamorous? It hasn't.

Only last year, Becks was handed the unenviable task of scrubbing the mud off all his team-mates' footie boots and even now he's still forced to play piggy-in-the-middle during training sessions. "It used to be Giggsy, now I've taken over," he says. "But there's no truth in the rumours that I have to make the tea for all the players. Honest!"



Michael Brown
Manchester City

He's 19 and a mate of the stars - catch him in popster Edward Ball's new vid.



Andy Gray
Leeds United

Together with Lee Sharpe, 18-year-old Andy gives Leeds a très tasty midfield.



Ben Thornley
Manchester Utd

Spot 21-year-old Ben on the town and his best pals Becks and Giggsy won't be far off.



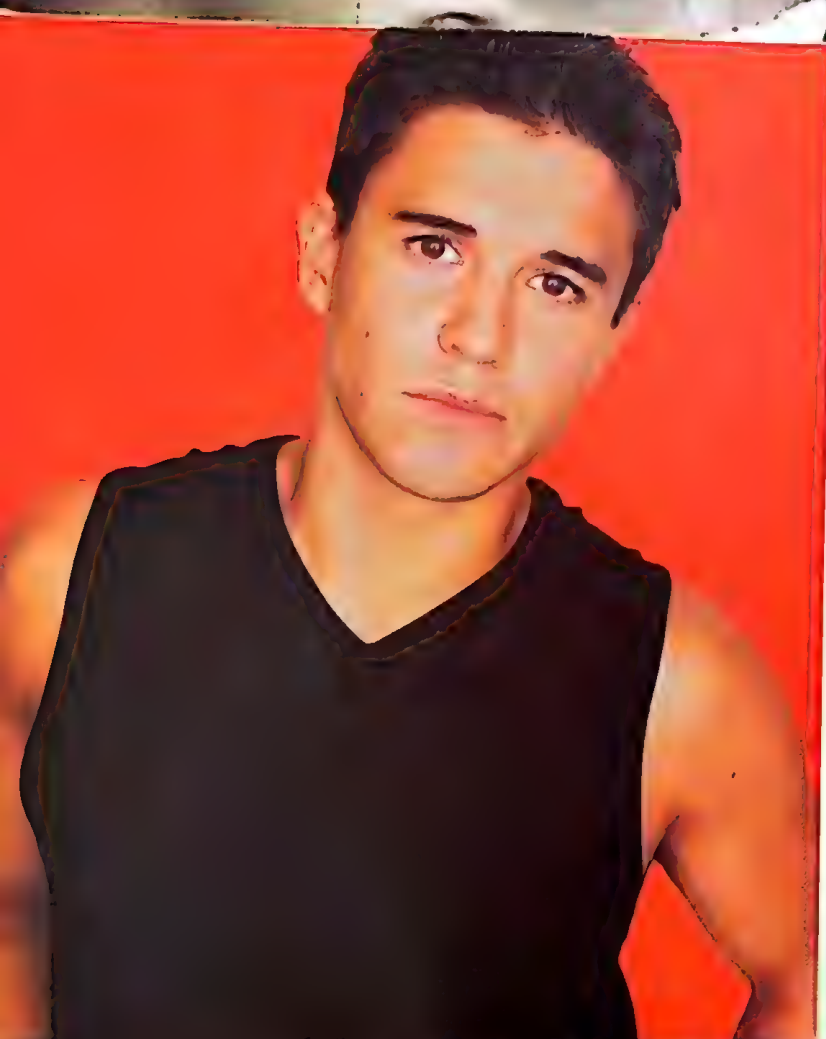
Frank Lampard Jr
West Ham United

Totty and talent run in this family - 18-year-old Frank is Jamie Redknapp's cousin.

Get all this....



...in this

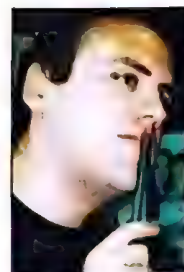


Only in *Bliss* out Oct 4th!

by Woodsy

mail

bonding



Piers has skipped work to go pony trekking, but he still wants yer letters. Send 'em to Piers, c/o 'Mail Bonding', J17, PO Box 417, London WC2H 7TW. Best 'un cops a goodie bag.

Star Letter

ANIMAL TRAGIC

I recently returned from a holiday in Spain feeling sick at the inhumane way they treat their animals. In one pet shop, I saw cats and dogs in cages so small they couldn't move their heads. Worst of all was a ride where small horses were forced to walk around in a tight circle all day. If you go abroad, please don't go on these rides as you'll be keeping this kind of cruelty alive.

Rachel, Herts

● It's hard to imagine life for these animals and it's up to us to do something about it. And as Rach says, their maltreatment will only continue if we let it, so let's keep our eyes open for those who can't fend for themselves. To report animal cruelty at home and abroad, call the RSPCA's 24-hour hotline on 0990 555999.

Get shorty

Reading your 21 August issue, I noticed something strange about Nic Testoni on the contents page. Not only was he hiding behind a bunch of daffs, but his sandled feet seem to be joined to his chest. Is this why we never see his feet on *Home And Away*? I think this mystery needs to be solved. **Worried, Oswestry**

● I can put your mind at rest. The photo displayed was either a press shot for his forthcoming role as an Oompah-Loompah in the Grimsby Civic Hall's *Charlie And The Chocolate Factory*. Or a mistake on our behalf.



Shipmate

I've just finished reading your 'A-Z of sexual slang' (14 August) and was really enjoying it until I came to the letter D. And what should I find under it but the name David, followed by Seaman. But instead of a glowing tribute to the world's greatest goalie, we were treated to some cheap wisecrack about his surname. I really don't suppose he's heard that before! **Kaz, East Sussex**

● Think yourself lucky we didn't feature his team – Arsenal have been the butt (oo-er) of jokes for years. Anyway I'm sure Frying Pan Hands can palm off such scorn. And we didn't even mention his 'tache!



Ginger nuts

I'm writing in about the comments made about Dave

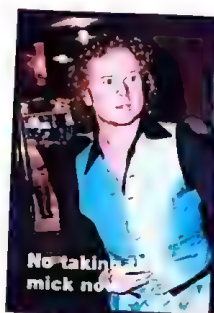
from Blur's hair colour (28 August). Like the girl who wrote in, I think he's the best-looking man around and find your slurs about his ginger mop offensive.



A definite ginger nut

Chris Evans and Mick Hucknall have ginger hair and you never comment about them! I demand an apology to all great gingers! **Dave fan, Coventry**

● First off, I agree there is nothing



Not taking mick now

wrong with ginger. I have a ginger tom, I eat ginger nuts and I have a certain penchant for Bianca. And of course we don't comment on Evans' and Hucknall's hair – there are far better reasons to slate these two than the colour of their bonce.

Au naturel

Being a bit of a nutter, I'd just like to say how fantastic wearing flowers in your hair was. But now that summer's gone and autumn is here, we need something else to adorn our barnets – conkers! **Katie, Bucks**

● Conkers? Bonkers, more like! I've never heard the like. Everyone knows that this autumn's essential accessory will be the pine comb. Conkers indeed. Tsk.

Making the mailbox bulge this week:

- ★ Irate Boyzone fans
- ★ More fashion victims
- ★ Charlatans well-wishers
- ★ Loads a Shearer nuts.

Life sucks! by Polly Dunbar



Helen's spot-distractor hat is better than any concealer

Fashion

MOST WANTED

Best buys, top ideas by the fash crew



Love the hat, Liam!

As well as being a total lurve-Agod, Liam Gallagher is also becoming a bit of a fashion guru. Check out what your local lads are wearing to see what we mean! For instance, Mr G's rarely seen out and about without his truly trendy **Kangol** hat, which we reckon will be the thing to keep your barnet warm this autumn. For just **£15**, they'll look wonderwall, oops, wonderful with either a trouser suit and trainers or an A-line skirt and a roll neck.

Flashdance

No credible pop star would be seen dead without a cool pair of trainers, and no other footwear has as much street cred as **Green Flash**.

Suede versions of the popular GF Portsmouth, which sold out within two months last season, are now available for **£34.99** in either slate grey or blue grey - ideal for jumpin' and funk'n'!



Beast of a bag



Calling all budding rock chicks! Ditch that Safeway carrier and invest in one of these animal-print shoppers **£22.99** from **Oasis** (the, er, clothes shop, not the band). If you wanna be seen on the arms of the rich and famous, get yer glad rags on, grab your nearest rock star and roll with it!

Essential first-date freebie!

Wanna recreate the look in our 'She's electric' fashion, p36? You can, with this **Mary Quant** combo, worth **£25**. Each includes a sparkly gold nail varnish, gold eyeliner and silver eyeshadow, and we've five to give away! Call **0891 408835** and leave your details. For comp rules, see p51.



Model Q & A

Meet J17's own **Patsy Kensit**, aka model **Holly** from p36...
Name Holly Willoughby.
Age 15.
Height 5ft 7.
Star qualities "Aquarius. I'm disorganised, and messy."
Are you dating? "No, I'm young, free and very happily single."
Who's your ideal man? "Brad Pitt."
How would you chat him up? "So, Brad, what are we gonna call our kids? 'Hal'!"
How did you become a model? "I went to



Clothes Show Live and was spotted."

What do you like most about the job?

"Meeting loads of people and travelling. It's a really good laugh!"

D'you think you're really like Patsy K?

"No way! I'm very laid back."

Would you go out with Liam?

"No. He's too arrogant and big-headed."

What's your motto?

"Don't eat more than you can lift!"

Bargain!

Trendy shoe people **Office** have opened a permanent sale shop at 60 St Martins Lane, London WC2. As well as being a top star-spotting site, there are loads of brilliant reductions on the



latest foot-clobber. Just watch you don't step on Patsy's toes!

Where it's at!

A Apple Tree

62 Neal Street, London WC2, 0171-436 0737

Argos

01908 600161

Bella Rico

0181-452

Benetton

0171-731 4564

Biba 0171-935

1314

Chippie

3 Langley Court, London

W1 0171-497

2681/0141-552

6178

Diva 0171-

637 0267

Dolcis 0171-

495 8135

Duffer

of St George

0171-379 4660

Farah 01376

502345

Freemans

catalogue

0800 900200

Gap 0800

427789

Gossard 0171-

331 4519

Grattan

catalogue 0800

333444

Green

Flash 01606

592041

HH Samuel

0181-905

H&M

Hennes Oxford

Circus, London

W1, 0171-255

2031

Homa

39 Beak Street,

London W1,

0171-287 3708

Jeffrey

Rogers 0171-

208 4300

Jones

Bootmakers

16 New Row,

London WC2,

01323 649408

K Kangol

0171-487

4888

M Mary

Quant

3 Ives Court,

London W8, 0171-

581 1811

Miss

Moneypenny

0171-436 8280

Miss Selfridge

0181-910 1100

N Next 01162

849424

O Oasis

0171-377

5335

Office

57 Neal Street,

London WC2,

0181-838 4447

R Ravel 184-

188 Oxford

street, London W1,

0171-631 0224

River Island

0181-830 4442

Rokit 0171-267

5632/01273

672053

S Select

01923 226646

Shaft 19 Earham

Street, London

WC2H, 0171-209

2124

Sisley

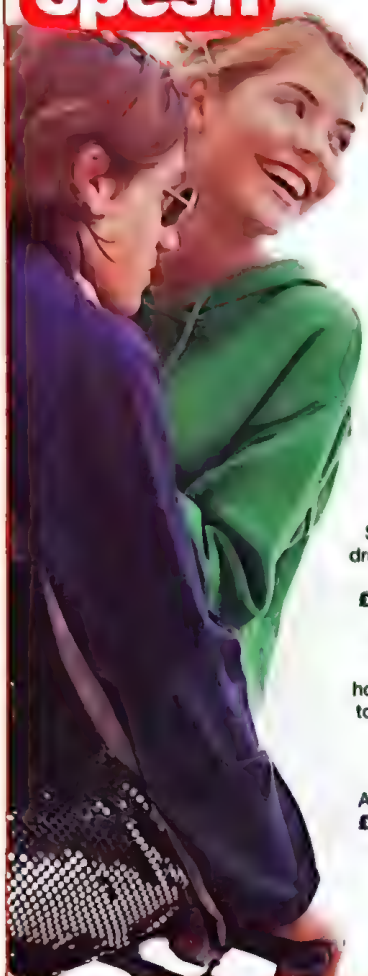
0171-731 4564

Top tip: a sprinkling of bicarbonate of soda will cure smelly trainer feet



matt leblanc
just seventeen

First date spesh



Holly

Silver sequin
dress style no:
21E100W
£29.99 from
Grattan
catalogue
● Green
hooded sweat
top £29 from
Benetton

Ross

Adidas jacket
£24.99 from
Rokit



Holly

Orange zip-front
cardigan £25 from Miss
Selfridge ● Black glitter
halter-neck top £13.99
from Select ● Black
hipsters £20 from Miss
Selfridge ● Tortoiseshell
ring £1.50 from Miss
Selfridge ● Black patent
shoe with silver buckle
£49.99 from Office
● Chocolate mock
croc bag £10 from
River Island

Holly

Purple mohair cardigan
£34 from Gap ● Cream
PVC skirt with belt £24.99
from Oasis ● Cream satin
bag approx £40 from
Chiple ● Brown patent
shoe with silver buckle
£50 by Bella Rice



Ross

Brown mock-croc bag from a
collection by The Duffer
Of St George ● Trousers
£45 from Home ● Hat
£15 from Koppel
Shades £10 from
Apple Tree

She's electric

You don't have to be a Patsy to nab your Liam. Just play it cool...



Holly

Yellow lace shell top
£24.99 from **Jeffrey
Rogers** • Purple sequin
shell top **£19.99** from
River Island • Chocolate
hipsters **£30** from **Miss
Selfridge** • Buckle shoes
£25 from **Miss Selfridge**

Ross

Adidas jacket **£24.99**
from **Rokit** • Trousers
£45 from **Home** • Adidas
trainers **£40** from **Shaft**
• Hat **£15** from **Kangol**
• Shades **£10** from **Apple
Tree** • Gold signet ring
style no: 2406640 from a
selection at **Argos**

**First date
spesh**

She's electric

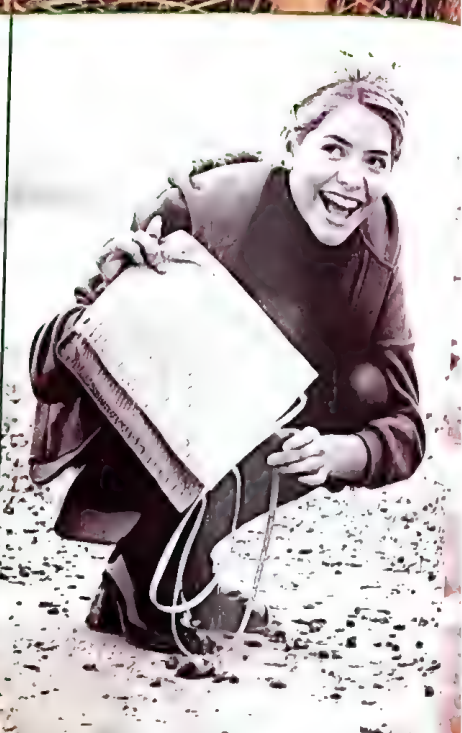
Holly

Green belted cardigan £34.99 from **Oasis** • Purple lace slip dress £17 from **Miss Selfridge** • Black mesh T-shirt with glitter motif £39.99 from **Next** • Gold 'K' pendant on chain £31.99 from **H. Samuel**



Holly

Red hooded sweat top £41 from **Sisley** • Black glitter sleeveless poloneck £33 from **Benetton** • Gold satin skirt £8.99 from **Select** • Red brogues £40 from **Miss Selfridge** • Camel mock croc bag £29.99 from **Oasis**



Holly

Striped poloneck
£22.99 from **River
Island** • Gold maxi skirt
style no: UP05334 £39.99
from **Freemans** • Red
patent bag £16.99 from
River Island • Boots
from a selection at **Office**
• Square tortoiseshell
bangle £2 from **Miss
Selfridge**



First date spesh

Holly

Striped zip-front cardigan
£24.99 from H&M
Hennes • Black sequin
shell top £19.99 from
River Island • Tweed flat
front trousers £34.99 by
Farah • Blue buckle shoes
£35 from Miss Selfridge

Ross

Blue hooded
top £26 from
The Duffer Of
St George
• Trousers £45
from Home
• Adidas trainers
£40 from Shaft
• Shades £10
from Apple Tree

She's electric



Photos by **Megan Hawkins** • Fashion by **Neil** • Hair/Make-up by **Georgie Eyre at Time**

• Huge thanks to Sarah Linny for the loan of the Velocifero scooter For more details call Italjet on 0181-543 2508 • Dedicated to Emily

Turn to page 34 for stockist details

**First date
spesh**

Rise to the occasion

Havin' a clothes crisis? Don't panic! Let J17 sort it out...

Largin'
it

Chillin'
out

Meeting his
folks



Hooded top from a selection at **Chiple**
Stretch T-shirt **£9.99** from **River Island**
Checked trousers **£29.99** and khaki rucksack **£9.99**
both from **H&M Hennes**
Suede shoes **£36.99** from **Office**
Tommy fragrance available from major department stores



Patterned shirt **£29.99**
from **H&M Hennes**
Purple skirt from a
selection by **Biba**
Black patent bag from a
selection at **Chiple**
Burgundy patent shoes
£36.99 from **Ravel**
Tea Rose, Focus and Sweet
Faith fragrances all available
from **The Body Shop**



Black feather boa **£9**
from **Miss Selfridge**
Black Lycra skirt **£55**
by **Miss Money Penny**
Gold purse **£4** from
Miss Selfridge
Silver sequinned sandals
£39.99 from **Dolcis**
Les Belles de Ricci
fragrance available from
major department stores





First date
spesh

HELLO

You've a date with the hottest lad around so you need a kissable look that's utterly irresistible...

Close encounters

Your skin may not be perfect, but there's no need for him to know that – even in close-up! Just use these cunning tricks...

- ♥ Try your very best to resist picking spots, especially just before the big night. It's a million times easier to camouflage a spot if the skin isn't broken.
- ♥ If you use tinted moisturiser or foundation, apply it before concealer, using your fingers or a make-up sponge.
- ♥ Using a concealer that exactly matches your skin tone, dab a little at a time onto any spots. You can use your fingers, but a tiny brush will give a longer-lasting result, as the warmth of your fingers will melt the concealer before it hits the spot.
- ♥ Dot concealer under your eyes and blend to disguise under-eye circles. Don't overdo it – a little shadow looks fine.
- ♥ To eliminate shine and set your base foundation, dust lightly with loose powder.
- ♥ Don't leave the house without checking the colour and evenness of your base in the brightest light you can find – in daylight try standing by a window, after dark use the most well-lit room.

Our fave Colourings Extra Cover Concealer **£3.65.**

Fruit pastels

Drop that black eyeliner now. Dark, smokey eye make-up is ultra-sexy, but a bit scary for a first date. Go for a fresh, shimmery effect and you'll stand out in a crowd without looking like you've made too much effort...

- ♥ Start by brushing a pale, pink-toned silver shadow from your upper lashes right up to your brow bone and add a thin line below your lower lashes.
- ♥ Using an iridescent white shadow, highlight the inner corners of your eye, your lash line and just below your eyebrow.
- ♥ Take a soft shade of blue, lilac or pearl grey and add some colour in the crease of your eye. Wing the colour out slightly towards the end of your brows and blending well (you'll need an eyeshadow brush).
- ♥ Pick a pale rose matt powder or cream blusher. Smile, and apply to the apples of your cheeks.
- ♥ Lips should tone with eye make-up, or the competing colours will make you look too painted. A blue-toned pink will complement blue, lilac or grey eyeshadow.

Our fave 17 Shadow Silk Eyeshadow 'Starlight' **£1.80**, 17 Eye Dazzle 'Chromatic' **£3.10** (in stores from October 2) **Collection 2000** Eyeshadow 'No 10' **75p.**



Have a flutter

The sultriest lashes are long, fluttersome and clog-free.

Here's how to get 'em...

- ♥ Curling your lashes makes them look miles longer. Don't be afraid of eyelash curlers – they won't bite but they will work!
- ♥ Black is the most flattering mascara for most people. But if you have very light blonde or gingery hair, go for brown.
- ♥ For an even coating of mascara, roll rather than brush the wand through your lashes. Then look closely to make sure you've coloured lashes right to the tips (which may have been bleached in the summer sun).
- ♥ Don't fret if your mazy looks cloggy when it's just been applied. Wait for it to dry, and most clumps will magically disappear. Those that don't can be eased out with an eyelash comb.

Our fave No 7 Superlash Mascara **£4.15.**

BOYS!

Holding hands

Nail polish adds the finishing touch...

- ♥ Nails look best short and neat. File into shape and massage in plenty of hand cream.
- ♥ Metallic varnishes are hot news this season. Go for pale opalescent silvers and blues.

Our fave Forsythe Opaline Nail Polish 'Baby Blue' **£4.95** including p&p (0171-289 5566 for mail order).

Kiss and tell

Get ready for the big snog-up with the softest, smoothest pout...

- ♥ Coat smackers with Vaseline as you go to bed the night before your date, then brush with a soft toothbrush next morning. It'll leave 'em in tiptop kissing condition.

Slap happy: **Jessie** Photo: **Paul Derrick** Hair and make-up: **Carlos Palma** Models: **Eve** and **Ben Jackson** from **Miss Selfridge**, shirt from **Next**

Beauty MOST WANTED

Hot hair and slap tips by Jessie

Win!



Eye opener

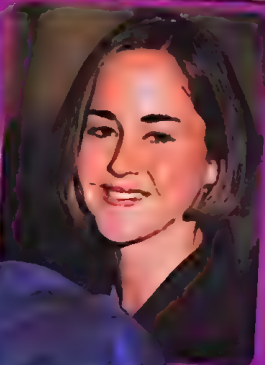
Want to catch someone's eye? We're giving away 50 **Natural Collection** eye make-up sets from Boots, worth around £10. Each one has Conditioning Eye Pencil 'Mocha', Conditioning Mascara 'Black Orchid' and Cucumber Eye Make-up Remover Gel, all in a cool make-up bag. To win, send your name and address on a postcard to Natural Collection/J17 Offer, PO Box 36, Oakham, Leics LE15 6TS.

Beautiful people



Emma
Soft blue shadow
highlights her
light-brown eyes

Hannah
Her blue eyes
were emphasized
with bronze shades



Some girls have all the luck! Jammy dodgers Emma and Hannah from South Wales won our fab **J17/Rimmel** competition and were whisked to London for a weekend of pressies and pampering. After checking in at the **Holiday Inn** hotel, the girls headed for **Paul Matthews** hairdressing salon where their locks were styled to perfection. Meanwhile top make-up artist Jo McKenna gave 'em a fab new look using Rimmel cosmetics.

Jo showed Hannah how to emphasise her bright-blue eyes with bronze shades, while Emma learned how to use a soft blue shadow to highlight her light-brown eyes.

To complete the transformation, Emma and Hannah were each given £200 to splurge on clothes in **Stirling Cooper**. After hours of trying on all the fab new gear they'd bought, the girls opted for glam satin dresses. Then after a quick make-up touch-up they were up for largin' it.

We treated them to a slap-up calorie fest at **Planet Hollywood** then gave 'em the best seats in the house

for fab musical **Grease**.

Finally, the girls headed back to the hotel chuffed to bits with their stunning new look, but ready to hit the sack. It's tiring work being spoiled rotten all day, y'know.



Jo applies the final touches to Emma

Our favourites' favourite

Everyone knows that the beautiful people swear by mineral water to keep their peachy complexions glowing and their bodies gravity-defying. So our mission was to find out which brand is most sought after by the chosen few.

The clear winner? **Canadian NAYA** spring water. It scores top points with Andre Agassi, Gwyneth Paltrow and Pamela Anderson for its grooved, easy-to-hold bottle, ideal for sporty types and partygoers alike.



Water babe Pamela

● Don't fret in silence. Send your beauty problems to Jessie c/o 'Beauty Most Wanted', J17, 20 Orange Street, London WC2H 7ED, and we'll solve 'em for you.

Photos: Jamie B/Apha

Hot tip: clear up mascara smudges with a cotton bud dipped in foundation

Super sonnet

J17's very own poets' corner
You want the kind of girl who...

You want the kind of girl who
 Fixes your clothes, cooks your food
 And cleans your house
 While waiting for you to come home
 from work.

You want the kind of girl who
 Looks and feels perfect
 Who admires you
 And who listens to you in awe.

You want the kind of girl who
 Your friends will call fun
 And your boss will call pretty
 And who you may call your very own.

You want the kind of girl who
 Gives up her career
 To help you succeed in yours
 And who gives up her whole being
 To make you a superman.

Well, honey, I'm proud to say
 I'm not that kind of girl.
Zoë, Bristol

**I'll be there for you
 (for C)**

I know it wasn't easy
 To tell me you were gay
 You were scared to admit it
 Too frightened of what I'd say.

I'm writing this to prove to you
 That you're still my very best friend
 Your sexuality makes no difference
 I'm here with you until the end.

I'm proud of you for telling me
 And I want you to understand
 I'm here for you always
 No matter what the demand.

So please don't feel awkward
 It hasn't changed our friendship at all
 And if you ever need to talk to me
 Feel free to give me a call.

Anne (16), Scotland

Roses are red, violets are blue
 Send us some poems
 Or we'll come and hassle you!
 Send your rhymes to 'Super Sonnet', J17,
 20 Orange Street, London WC2H 7ED.

Illustration: Justyn Chan

**IN THE NEXT ISSUE
 OF SMASH HITS...**

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 IT LOOKS GOOD, IT SMELLS GOOD AND, BY GOLLY, IT IS GOOD!

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advice

Write to: Anita Naik, Nick Fisher or Annabel G, Advice, Just 17, 20 Orange Street, London WC2H 7ED. It would be helpful if you could include your age and the area you live in. Unfortunately Just 17's Advice columnists cannot answer your problems on the telephone. If you have an urgent problem, please contact ChildLine free on 0800 1111 - we work very closely with them - or Careline on 0181-514 1177 (calls to Careline will be charged at the local rate and will appear on your phone bill).

He pushed me into sex

My problem started when my boyfriend and I were getting off at a party. I didn't want to make a show, so I agreed to go upstairs with him. But it went too far and he started pressurising me into sex. When I said no, he started shouting that I'd led him on and shouldn't have gone upstairs with him if I didn't want to do it. I felt so confused that I finally gave in. When it was over, I cried all the way home. We're still seeing each other and he acts like nothing's happened. But I'm so confused, I don't know how I feel about this.

Anon (16), Kent

● There are many ways to force a person into doing something they don't want to do. Your boyfriend didn't physically force you into sex, but he did bully you into it. You went upstairs with the intention of kissing and cuddling, yet he made you feel as if you had to have

sex. But the truth is you never have to have sex. You can say no at any time. He knows this, which is why he's pretending nothing happened.

If you still feel confused, remember that any person who pushes you into sex doesn't have your best interests at heart. It may help to discuss this with someone close to you, or with a counsellor. For more help, contact Careline on 0181-514 1177. Everything you say will be kept confidential.

My mate's a thief

My friend and I fell out seven months ago 'cause I was fed up with her behaviour. For as long as I've known her she's always done things like nicked cigarettes and money from her mum, and shoplifted. I stopped seeing her when I found out she'd shoplifted some tights and

put them in my bag, then made up with her 'cause I heard she'd changed. But now she's worse than ever. She's even stealing from friends' houses. I care about her, but don't know what to do.

Peter Andre fan (14), Bradford



● If your friend's determined to steal, smoke and act badly, that's her choice - as stupid as it may be. But by discovering why she has such a strong self-destructive streak could help you to help her. Try asking her why she feels she has to do these things, and what exactly is the appeal of stealing? Maybe she thinks it's 'cool' or perhaps she does it for attention. But only she can clear this up for you.

Her reckless behaviour is putting you at risk, so if you must see her, protect yourself by not going shopping with her and keeping clear of her crazy schemes.

I'm horrible to him

This boy who really fancies me is always coming onto me. I tell everyone I don't like him but the truth is, I love him. When he comes over to me I either make fun of him or act nasty until he goes away. I feel ashamed, but it doesn't stop me doing it. I think of him all the time

and even dream about him. Why am I acting like this?
J17 reader (14), Ashton

● Love has a strange way of making people act in ridiculous ways! This is because often we're afraid of what will happen if we let our true feelings out. Maybe you're scared that if you give him

a chance, he'll reject you. Or you'll fall for him and he'll dump you.

Acting like you hate him is just a way of avoiding this risk. If you carry on like this, though, he'll never get close enough to ask you out. The next time he comes over and you find yourself being nasty, imagine how you'd feel if the tables were turned. If you still can't talk to him, write him a letter saying how you really feel. It's just as personal, but less nerve-racking.

He grabs our breasts

My friend and I have got a problem with a boy in our class - he keeps grabbing our breasts. The first time he did it, I was so shocked I just laughed and pretended it wasn't happening. But since then, he's been doing it all the time. I hate it and so does my friend. He's immature and has never had a girlfriend, which is why he's like this.

How can we make him stop?
Two Pulp fans (14), Maidstone

● There are a number of ways you can tackle this problem. Have a word with a teacher and tell him/her what's going on. Or tell your mum and ask her to talk to his parents. Don't be embarrassed or feel ashamed about what's going on. Your body belongs to you and no-one has a right to touch it without your permission.

Taking a firmer stand against him might also do the trick. Every time he touches you, yell "No!" very loudly and then keep reporting him to your head teacher until something is done about his behaviour. But whatever you do, please don't ignore the problem. This boy must be stopped - now.

Be sure, be safe and remember sex under 16 is illegal



Anita Naik

Just Seventeen Brook Advisory

ADVICE LINES

Worried or anxious? No-one to turn to for information? Well, here's your answer.

Just 17 has teamed up with Brook Advisory Centres and put together seven information lines to help you when you're in need.

(The lines run at London rates and are cheaper if you call after 6pm or at weekends.)

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Emergency (after sex) contraception

0171-617 8006

Information on abortion

0171-617 8007

Contraception - your questions answered

0171-617 8008

Are you ready for sex?

0171-617 8009

The condom line

0171-617 8019

Visiting a Brook Centre

0171-617 8010

HELPLINES

(The lines run at London rates and are cheaper if you call after 6pm or at weekends.)

Coping with your first period

0171-617 8045

Periods - the facts

0171-617 8046

Toxic Shock Syndrome

0171-617 8049

NATIONAL DRUGS HELPLINE

0800 776600

She stole my boy

I've fancied a guy for ages and asked my best mate to be a go-between. But before I knew it, they were going out! She told me he fancied her, not me, and said she was sorry to hurt me. He was practically my boyfriend and she stole him!

Liam fan (15)

● The truth is he wasn't 'practically your boyfriend', he was a boy you fancied but had no hold over. I know you're upset, but your friend was in a tricky position. She didn't want to hurt you, yet she wanted to date a guy she liked. At least now you know where you stand and you're free to find a lad who'll return your feelings.



They're liars

These girls keep complaining about me to our teacher. They say I bully them, which just isn't true. But the teacher believes them and says she'll put me on report next time. Now they make me do their homework and if I refuse, they'll report me. Please help.

Carly (15), Bristol

● These girls are bullying you and you don't have to put up with it. Tell your parents and ask them to visit your head teacher with you. Once these girls know you're not going to take their abuse, they'll stop. For more help on bullying, contact ABC (Anti-Bullying Campaign) on 0171-378 1446.

body talk

I want to change my GP

My doctor is a friend of my parents. He's been my GP since I was a baby, but now I'm finding it very difficult to talk to him. I also worry that he'll tell my parents why I've come in. I've tried making an appointment with another doctor in the surgery, but my GP always comes out and asks why I don't want to see him. It's so embarrassing! Is it possible for someone of my age to change doctors?

Dawn (15)

● If you're not comfortable with your doctor, no-one can stop you

from changing surgeries, no matter what age you are. The fact is, you can change your GP for any reason whatsoever and you don't have to tell anyone why. However, it's worth telling your parents you've moved surgeries,

in case of an emergency.

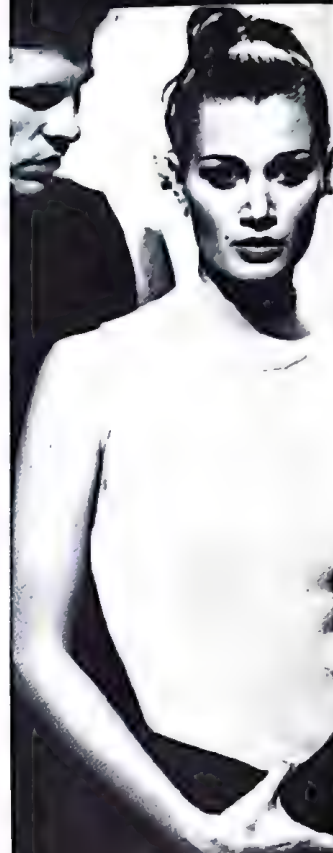
As for confidentiality, doctors can't tell your parents anything about your visit - but they can deny you certain things, like contraception, if you're under 16.

Help yourself by:

- Asking your friends, school nurse, parents or an adult you trust to recommend other GPs in your area. Then, when you find one you think you'll like, go along and tell him/her you want to be taken on. Take along your medical card if you have one.
- Having the courage to change. As long as you live in the same area as the surgery and they have space on their books, there should be no problem changing doctors.
- Knowing that Brook Advisory Centres have doctors and nurses available for consultations on contraception and other important medical matters. To book an appointment, ring 0171-713 9000.

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boy's view

For a boy's view on your problems, write to Nick Fisher, Advice, Just 17, 20 Orange Street, London WC2H 7ED. He's happy to answer letters from male readers too.



Nick Fisher

How can I turn him on?

I'm really embarrassed about asking this, but I've just started going out with a guy and things are getting pretty intimate between us. The other day for the first time we were heavy petting when he put my hand on his crotch. I could feel his penis through his jeans, but as I've never felt one before I had no idea how hard it was meant to be. How do you know when a boy is turned on? I'm worried that I don't know what I'm doing. **Concerned, Maidstone**



● Sex is something very personal and individual. There are no set rules about how hard his penis is meant to be or how much you turn him on. All that matters is that you both like and trust each other and that you enjoy the physical intimacy you share.

If you like him enough and are sure you want things to go further, then take it slowly and talk to him. Don't pretend you know everything – explain your fears and let him know you're a bit out of your depth so he doesn't assume anything. And don't do anything unless you want to. Finally, if you don't feel relaxed enough to talk to him, maybe you shouldn't be allowing yourself to get this intimate with him yet.

They won't commit

I'm 16 and for the last two years I've been unable to make a relationship with a boy last for more than a week. It's pathetic! As soon as I think I'm onto a good thing, they back off saying they're not ready for a commitment. But it's not as if I want to marry them or anything! So tell me, are all boys frightened of getting involved, or is there a guy out there who's after a bit more than a good night out? **Sara, Bristol**

● There are plenty of boys who are just as serious as you are about having relationships. That doesn't mean you can find one in a hurry, though. In fact, looking too hard may well be your problem. At 16, you have a lifetime of relationships

ahead of you. But maybe there's a part of you which feels desperate to start something serious now.

The problem is, some boys are put off by this so they back away. Don't worry, you're not doing anything wrong – you just want a relationship. Just try to take things more slowly and maybe get to know boys better before getting into a dating situation. Don't be in such a hurry. Knowing yourself and being happy with who you are will give you a much better chance of having a good relationship with someone else.

He loves footie more than me

I'm fed up with my boyfriend because he's obsessed with football. His room is a shrine to Manchester United and he

never leaves the house without a football under his arm! He knows I'm not really interested in the game, but that doesn't stop him from droning on about it on dates.

Worse still, he knows it annoys me but he still carries on doing it. Help! **Not a Man U fan**

● You've made your thoughts about his interest clear by trying to get him to take your feelings into consideration, and you've asked him to give it a bit of a rest. But he won't. So what he's saying is that he's not prepared to compromise his leisure pursuit for you.

This is not a good sign.

It suggests he doesn't have much respect for you. It also suggests he thinks he can do whatever he wants. If you put up with it now, it'll only get worse. So if he can't start putting your feelings first, maybe it's time to show him the red card.

I miss my teacher

Now the new term has started, everyone seems to be into the swing of things except for me. Basically, my old English teacher left last term and I really miss him. Last year I had a massive crush on him and my feelings didn't fade throughout the summer. I know where he lives and I've even considered going to see him at his house. I don't enjoy having such strong feelings for someone I could never have, but I can't seem to help myself. **Boy's View fan**

● You're not just missing your old teacher – you're missing the crush itself. When he was at school it gave you something to focus your emotions on. Now that he's gone, it's left you in limbo. The crush would have passed anyway, but it's been made worse because

you didn't grow out of it – it was taken away from you. This can make it feel stronger because it's more out of your control.

There's not much you can do except live without your crush. The reality is, there never could be anything between you and him. Let yourself move on. New terms are usually hard, so don't let this be your excuse to fall behind. And letting go of this crush will leave room for something real to happen. Reading J17's own Anita Naik's *Coping With Crushes* (Sheldon Press, £4.99) will help you.

I fancy my boyfriend's cousin

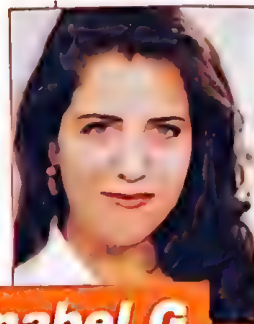
For the last year I've been in a steady relationship with a lad from my school. He has a big family and they're always visiting each other, but he has one cousin in particular who I secretly fancy. What's worse, I think he feels the same way. Whenever he comes to stay with my boyfriend I always try to be there, and recently he's even started writing to me. I know I'd rather be with him than my boyfriend, but I'm worried that fooling around with his family is asking for trouble. Help! **Anxious, South Shields**

● Fooling around with his family is definitely asking for trouble. If you were to two-time your boyfriend with his cousin it'd hurt him very badly – and probably cause horrible feelings in his family. You don't want to feel responsible for anything like that, do you?

If you know you'd rather be with someone other than your boyfriend, then you'd do both you and him a massive favour by finishing it. Whether or not you decide to take things further with his cousin is a decision for the future. But staying with your boyfriend in the meantime won't do either of you any good.

confidential

Send your sex-related problems to Annabel G, Advice, Just 17, 20 Orange Street, London WC2H 7ED. It would be helpful if you could include your age.



Annabel G

He lied about his virginity

I've been going out with my boyfriend for six months and I think I'd like to have sex with him. The problem is, he's lied to me about something important. He told me he was a virgin

but I found out from a friend that he isn't. Apparently he's slept with a few other girls. Before I found out the truth, I felt fine about sleeping with him 'cause I reckoned we'd learn together. But now I don't want to make a fool of myself. What can I do?

J17 fan (16)

● If he lied to you about his virginity, I think you should confront him and find out why he told this porker. Maybe he's not

proud of his past, or maybe he thought you wouldn't sleep with him if you knew the truth. Starting a sexual relationship is a big step and trust is vital. Without that, you haven't got much. So stop worrying about making a fool of yourself and demand an explanation. If you lose him over this, then he wasn't worth your time in the first place.

The seX Files

According to a recent survey, just 49 per cent of teenagers know what safe sex is. That leaves 51 per cent who don't know that it means taking precautions to protect yourself from sexually transmitted diseases, like the HIV virus which can lead to AIDS. The sussed way to stay safe is to always use a condom.

Could I be pregnant?

I know I've been really stupid, but recently I forgot to take two of my contraceptive pills. I've had sex with my boyfriend several times since, but I've continued to take the Pill. Now I'm worried I might be pregnant. Is there any way I can tell now, or do I have to wait to see if my period comes later this month? Please help.

Liam Gallagher fan (16)

● Even if you miss just one pill you must take alternative precautions – otherwise you may conceive. In any case, it's wise to use a condom alongside the Pill, because oral contraceptives can't protect you from sexually transmitted infections.

Because you've had sex, there's a chance you could be pregnant, especially if you missed a pill in the first seven or last seven days of the packet, or had intercourse mid-cycle. Your best bet is to visit your GP or Brook Advisory Centre (0171-713 9000) immediately for a free, on-the-spot pregnancy test. Hopefully it will be negative, but if it isn't, they will give you counselling and discuss your options. Good luck, and please be extra vigilant with your contraception in future.

They say he's sex mad

I'm 15 and my boyfriend's 19. He's black and I'm white. I don't care, but my mum and

dad are going nuts. They say black guys are sex mad and that I'm in danger. I really don't want to finish with him, but he wants to have sex with me. I'm so confused, I just don't know what to do for the best.

Sleeper fan, Doncaster

● Sadly, I can't wave a magic wand and change your parents' racist views. Skin colour has absolutely no bearing on sexual appetite!

However, it's possible that they're using his colour as an excuse. Perhaps they'd be against you having a relationship with an older lad full stop, regardless of his colour or personality.

All you can do is reassure them that you're a sensible girl and have

no intention of having sex (after all, you're under the legal age of consent). I don't know how strongly your parents feel about this, but maybe it'd be a good idea for them to meet your boyfriend. With any luck, once they get to know him they may learn that skin colour is totally irrelevant.

The seX Files

If you think smoking is sexy, this should change your mind: according to a survey of boys' pet peeves, girls smoking comes top of the list. 80 per cent of lads said kissing a smoker was a mega turn-off.

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Day by day HOROSCOPES

by Jon Ryder



Wed 25 Sep **Thu 26 Sep** **Fri 27 Sep** **Sat 28 Sep** **Sun 29 Sep** **Mon 30 Sep** **Tue 1 Oct**

Aries

21 Mar-20 Apr

Without doing the Teacher's Pet thing, you could still add one or two little touches which might raise your status in class.

Just because that's the way it was yesterday doesn't mean it'll be like that today. The rules change fast in this game. Keep up!

You've been acting antisocial for a long time, someone's finally reached the end of their tether. So it's time to be honest with 'em.

It's cute 'n' smoochy in the heavens today, but whether it's like that for you really depends on what happened yesterday.

If you're old enough to get into those kind of places, you're old enough to pay for yourself, too. You can't have it both ways.

School is crazy today. One person says do this, and you do. Then another says do something else, and you do that, too.

It's cool to be in on what's going on, but it's cool to know your own mind and be true to yourself. If you don't want to, don't do it.

Taurus

21 Apr-21 May

Talking to someone who's been to places you haven't makes you feel dull. But remember, you've done stuff they'd love to do, too.

He said he didn't want to talk to you again, but now he's back. It's a good time to try and patch things up.

Time for you to leave all that kids' stuff behind and stop living in the past. If you don't use it and you won't need it, dump it.

You've been saving up heaps of awkward questions for when your parents are in a good mood. Well, today's the day.

Oh come on! You didn't think real life is the same as it is on TV, did you? Oh, you did? Er, sorry about that, but it isn't.

However irritating you find someone, try to grin and bear it - after all, you know that they do genuinely care about you.

Even if your mate does still owe you from last week, asking for your dues today will strain the friendship. Ask yourself if it's worth it.

Gemini

22 May-21 Jun

Someone who wishes to know all the secrets of the world today, it makes you feel less of a friend.

Not a good day for Gemini. Sit this one out, say 'Yes' and 'No' at the right moments, and behave yourself - it's only for one day.

It looks like that friendship which would never die has just crashed. Eek! Rein in any instincts to act the drama queen though.

You and he see each other again, speak to each other, smile at each other. You long for there to be more, but there isn't. Not yet.

You can fantasise about him all you like, but you won't know how close to the reality you were until you go for it, will you?

Fantasy becomes reality as your lips meet. If nothing else, it has answered your curiosity - but has it touched your heart?

Your move next. Yes, I know that yesterday was your move, too, but you're setting the pace here and he will follow where you lead.

Cancer

22 Jun-23 Jul

If it's time for a heart-to-heart with him to sort out a few things, this is as good a day as any. So grab your chance while you can.

Some people, honestly. First they say they will, then they say they won't, and now they say they want to again. Can you believe them?

It's a kiss. But it could be a kiss goodbye as you both decide that you want to go different ways. You can still be friends, though.

Too many must-haves in the shops today for your plans of saving money ever to stand a chance. It's just spend, spend, spend!

Funny when you see each other again for the first time after saying goodbye, isn't it? Never mind, you'll get used to it.

Pay no attention to the rumour-spreaders. For once, you know what's going on better than any of 'em, 'cause you were there.

Everybody else says it won't last but you and he know different. You both know what holds you together - which nobody else does.

Leo

24 Jul-23 Aug

Don't say you'll do it, without thinking. These things have a horrible way of coming back to haunt you at the worst possible moment.

The difference between being lucky and being unlucky is small, but the effects are huge. Today, the stars tip in your favour.

What happens today changes everything. It'll take you a couple of days just to get your head round it. For now you're just stunned.

Today is the day of the miracle that never happened because you didn't have the other stuff to spend helps you to link up.

Just because some people take longer to do things than you, or do them in a different way, it doesn't mean they're wrong. OK?

You say you know what you're doing, but in fact you're making it all up. Most of the time you can get away with it, but not today.

As soon as you set eyes on him, you want to see more of him. No use telling yourself that you're not interested 'cause it's too late.

Virgo

24 Aug-23 Sep

You two are just such good friends at the moment, it'd be a pity to spoil it by trying to take the relationship further...

...but on the other hand, if you don't, you'll never know how good it could be. You've just got to go ahead and do it!

A point of no return. Whichever way things go, they can never be the same as they were before. Why couldn't you leave well alone?

Surprisingly worry-free day, considering what you've been up to this week. Or maybe you're just getting better at hiding it.

This is where you find out what happens next, and how it affects you. Experience, both for you and for him. Don't expect too much.

Very soft and sweet planetary patterns, to let you both down gently after yesterday. Perhaps it's too early to talk about it though.

The trouble you think you're going to be in isn't as bad as you feared. But don't think that what you've done doesn't matter. It does.

Libra

24 Sep-23 Oct

Ask M 'n' D for help with a tricky task today. Chances are they can remember what to do from when they faced the same problem.

Did you think if you put it to one side and never mentioned it that it would go away? Well, hard luck, 'cause it's back.

You told yourself, over and over again, that it was all you ever wanted. And now you've got it. So how come you feel awful?

Phone your mate for urgent consultations about your probs. Her advice is worse than useless, but it'll make you feel better.

You're avoiding a certain issue. Even your folks have noticed it, so it must be really obvious! It won't work, you know.

Confession time. Say what you did, not what you wished you'd done or what you think you should have done. Be absolutely honest.

After the pits, you'll find a new level of happiness. You can't believe how happy you feel as happy as you do.

Scorpio

24 Oct-22 Nov

The moons in the sky today are a good omen. They're saying that you're about to have a really good day.

It turns out to be a real shock when a mate runs out of patience with you. Well, she did warn you, and you'd do the same to her.

If you don't want to, you don't have to. But are you saying this to draw attention to yourself, or is it your real and sincere belief?

Stay in and do some studying. Does this seem very boring? Well it's exactly what the planets are advising you to do.

Just because you're a couple doesn't mean that you own him, or that he has to agree with everything you say, you know.

A friend - if that's the right word - has been saying things about you and him. Why? Simple - she's just jealous of you.

Scorpios, it is said, can take any amount of pressure. Good, 'cause it's coming at you today. Go get your revenge later.

Sagittarius

23 Nov-22 Dec

Your parents have decided you're a needy cause and are handing out money. Thanks, you say, but what's the catch?

You can still get that school project finished if you really work at it, but you haven't got much time. Put your social life on hold...

Unless something totally dismissable comes along to make you change your mind, and your mate's how fickle you can be!

You made as many enemies as friends yesterday. Hardly surprising, really. Try and pull something out of the wreckage today.

You've always had an overactive imagination. Sometimes you just can't help it. Good job nobody knows what you're thinking!

You never thought you'd hear your mother praising your taste in lads, when you do, you find it rather worrying.

You're unlikely to get your own way today. And if you complain about it, you'll make things worse. So it's time to grin and bear it.

Capricorn

23 Dec-20 Jan

Your mate is going to give you some advice today whether you want it or not. But the really annoying thing is she's right.

So how do you change your opinion without admitting that you were wrong in the first place? You don't - it can't be done.

Every little error always gets noticed, but your good deeds, no matter how big, seem to be invisible. Life just isn't fair sometimes.

It's not illegal to enjoy yourself or to feel strangely happy when a boy looks at you in a certain way, y'know. So let it happen!

The best day since you've been born for a really good time. It's the nearest you've been to true love in ages.

The only way to enjoy your studies is to study what you enjoy. Doing subjects 'cause people expect you to never works.

Your Greatest Embarrassment comes up again today. The question is of course, why it embarrasses you, when it needn't.

Aquarius

21 Jan-19 Feb

Some of the best things in your life are the things you do just by yourself. You like 'em - so what if nobody else does?

When you find out the truth about something today, you feel kind of silly. But you're not the first to have got the wrong idea, or the last.

OK. It looks like today's upset is going to throw out all your plans, but what's life without a little variety? Boring, that's what.

Emotional probe run right through today, and you only get them sorted out at the very last minute. As in midnight, that is.

You know the only reason he does what he does is 'cause he knows it makes you blush - but then you don't want him to stop.

Is the world ready for your secret? Maybe, but you're not ready to tell it yet and you'll make a mess of it if you do. Let it wait.

Best day of the week for your plan to tell your friends what you did yesterday. Now's the time to tell them.

Pisces

20 Feb-20 Mar

You're the one they all want to see today, so don't go and disappoint your fan club. Get out there and give 'em some.

A girl could grow old and lonely waiting for a guy who's never going to change his mind.

You saw it, you wanted it and when you went to get it, it had gone. You just hope you never meet the new owner, that's all.

Not feeling too good? Wobbly planets make for wobbly Pisceans. That and too much partying, perhaps. Just take it easy.

You hate doing this, but you'll have to strike a deal to get what you want. But remember, it's better than not getting it at all.

You two are just perfect together - it makes all the waiting worth it. Right now it seems it's going to last forever, so enjoy.

You may be their daughter, but some things are none of their business. You're not a kid any more, and they should realise that.

Happy birthday to you! Bad Boy and ace fighter pilot Will Smith turns 27 on Wednesday 25 September

WIN! WIN! WIN! Rimmel fix it!

Add a dash of cool colour to your autumn look with Rimmel's new eye make-up. We've 50 kits up for grabs, made up of 'Teal' Endless Colour mascara, 'Groovy Green' Endless Colour eyeliner and 'Saucy Mint' eyeshadow. For your chance to win, complete the Xword and send it to J17/Rimmel make-up, Prize Xword 427, 20 Orange Street, London WC2H 7ED by 4 October.



ACROSS

- 1 See photocube (4,9)
- 7 Home of English football (7)
- 8 Tubby Turner who runs The Woolpack in Emmerdale (4)
- 9 Appetit, voyage or Jovil (3)
- 10 Movie star Willem (5)
- 11 That hunky LeBlanc from Friends (4)
- 12 American state (6)
- 13 — To You (Meat Loaf) (2,3)
- 14 Twist, Sarandon, Tully maybe (5)
- 15 TV presenter and DJ Campbell (5)
- 16 He's Albert Square's fish-fryer-in-chief (3,5)
- 17 Her surname's Morissette (6)
- 18 He's EastEnders' Mark Fowler (4,5)
- 19 Pet located in Alcatraz (3)
- 20 Gary Barlow's record label (1,1,1)
- 21 U2's Clayton (4)
- 22 — Reilly (Julia Roberts movie) (4)

DOWN

- 1 Bobby Brown and his old mates (3,7)
- 2 Mail fee provides a hit for Alisha's Attic (anag 1,2,1,4)
- 3 Neighbours character played by Benji McNair (3,7)
- 4 He's Pat Butcher's bloke in EastEnders (3)
- 5 Don't Pull Your Love, he advised (4,7)
- 6 Justine Frischmann's rubbery band (8)
- 7 This answer is uplifting (3)
- 8 Bates, Pivaro or Havers possibly (5)
- 9 German supermodel (7)
- 10 Record company or a TV soap set in Jersey (6)
- 11 Always Be My — (Mariah Carey) (4)
- 12 Clueless Silverstone (6)
- 13 The Sunshine — The Rain (Berri) (5)
- 14 Cruise, Oliver or Hanks (3)
- 15 — Me Out (Corona) (3)

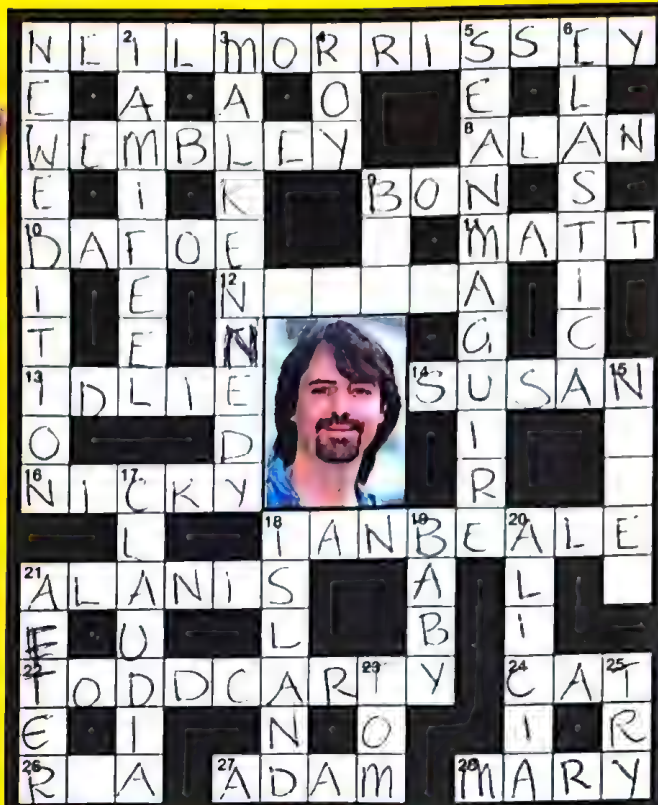
CROSSWORD ANSWERS 11 Sep

ACROSS: 1 Spice Girls; 7 Mark (Morrison); 8 Stonefish; 10 Sax; 11 Tony Rich (Project); 12 Niece; 14 Smoke (Gets In Your Eyes); 15 Opal; 16 Igloo; 18 Gita; 22 Neighbours; 24 Mr Blobby; 25 Vic (Reeves); 26 Donald (Duck); 27 Mandy (Dingle) DOWN: 1 Sunshine; 2 In Too Deep; 3 (Gabri) Elle; 4 Ramsay (Street); 5 Sam (Fox); 6 Mariah (Carey); 9 Foo (Fighters); 10 School; 11 Telly (Addicts); 13 (The Three) Tenors; 15 (Tom) Oliver; 17 Groovin'; 19 Anglia; 20 Sinbad; 21 They (Don't Care About Us); 23 Ricky; 24 Mad (Max)

NAME: Michelle Loizides

ADDRESS: _____

XWORD 427



Get to those phones!

Page 5: Win Lilt goodies

Phone your answer on 0891 408832

Page 5: Win a designer outfit

Phone your answer on 0891 408831

Page 34: Win Mary Quant make-up

Phone your answer on 0891 408835

Closing date for competitions 4 October 1996. Please remember that calls to these lines are more expensive than ordinary calls. You should always ask the permission of the person who pays the phone bill before making the call. Calls will cost around the price of a first-class stamp.

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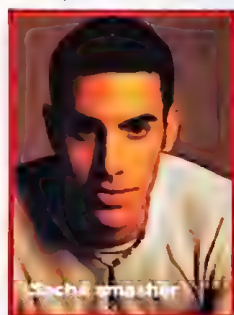
turn on tune in turn on

tv

Don't miss this

F2F

The time: 7am and 4pm every weekday from Tue 1 October.
The place: Granada Talk TV, GSB.
The buzz: Your big chance to appear 'live' on screen with celebs via a mega network of videophones. Presented by Sacha



Baron Cohen who you may recently have spied eating a cactus in the Pepsi Slam advert.

The Visit: Claudia's Story

The time: 10.40pm, Tue 1 October.

The place: ITV.

The buzz: 13-year-old Claudia McKibbin suffers from Vaters Syndrome, a rare crippling illness. In the last five years she's had ten operations to overcome her problems. Moving stuff.

Hollyoaks

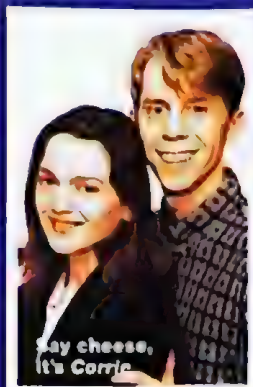
The time: 6.30pm, Thu 26 September.

The place: C4.

The buzz: Yes, it's back. Our favourite soap returneth at last. But now it's on twice a week, with an extra helping of racy Chester-living on Thursdays too. We love you, Jambo, we do!

Soap Central

Switch onto our weekly round-up



Neighbours

Toadie meets his female equivalent - it's new girl on the block **George**. **Sam**'s swept away by his modelling career and leaves **Marlene** and her parking fines behind. Sadly, **Cody** has a cardiac arrest and pops her clogs. Boo hoo.

Coronation Street

The Platts return from Canada without **Nick** (he's staying to finish his schooling). **Becky** receives a surprise present from **the Wiltons** - a budgie. And **Anne** and **Andy** move in together. Romantic bliss?

Brookside

Things are looking grim for **Sammy** on the day of the trial especially as **Katie** refuses to lie in court to save her. **David** drops a bombshell on **Max** and **Susannah**, and **Georgia** gets in touch with **Martin**. **Val** tells **Sinbad** that they're finished. Life's one long, romantic rollercoaster for that fella.



Emmerdale

Kim Tate's basking in motherhood but the folk on the farm still don't know who the father of the baby is. Is it **Frank** or is it **Dave** and will we ever find out? Meanwhile **Sam** is arrested for stealing. Tsk.

Home And Away

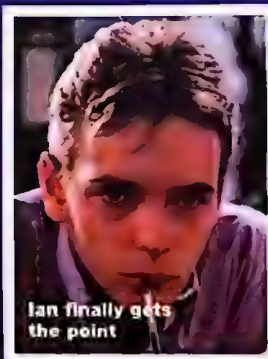
Casey and **Liam** go off in her boat and are stalked by a shark.

Meanwhile **Chloe**'s hiding in the watchtower - she wants her

dad. **Alex** burns all his cartoons and announces he's had enough of Summer Bay. **Shannon** hasn't, though - so the happy couple split up. **Angel** discovers that her little **Dylan** is a mathematical genius. Mmm, something doesn't quite add up here!

EastEnders

Ian's got the upper hand at last. He's got the cash, he's got the kids - and **Cindy** doesn't know where to turn, especially as dishy **David** is getting cold feet. **Tiffany** has a searing pain and **Lorraine** comes to the rescue.



Calling Amy Marston

Hello Amy, J17 here! Tell us what it's like playing sweet Sylvia in *The Hello Girls*...

Amy "I think she's lovely - all green and fresh and innocent."

J17 "D'you think it was harder being 16 back in the '50s than it is now?"

Amy "Definitely. Sylvia had to grow up a lot quicker and get a job.

Nowadays she'd probably have



gone to college or university."

J17 "Who would you most like to get a telephone call from?"

Amy "My old friend Jo from high school. Where are you, Jo?"

J17 "If you could tap anyone's phone, whose would it be?"

Amy "I'd never be so nosy! What a strange idea."

J17 "Well, it's a strange world out there Amy. Over and out!"

Catch *The Hello Girls* on Thursdays, BBC1 at 8.30pm.

Tyne marches on

Forget Albert Square 'cause here comes *Quayside*, a new Geordie soap set on the banks of the Tyne from the makers of *Byker Grove*. Apparently it's planned to compete with our beloved *EastEnders*. And Newcastle's favourite sons **Ant & Dec** are planning a new series, except this time it'll be on Channel 4. Good on yer, laddies.

The Baywatch files

Baywatch Nights is going sci-fi so expect some spooky encounters with sea monsters and vampires in the new series. Apparently **David Hasselhoff** is fed up with life-saving. So will Pam have to get even more unreal to keep up? Yep, it could signal a whole new wave of breast implants.



What I watch, what I eat

"I like watching foreign films on vid rather than TV. *Eat, Drink, Man, Woman* and *The Hairdresser's Husband* are two of my all-time faves. My favourite viewing snacks are plain Pringles or stilton and biscuits."

Chloe Newsome who plays vicky in *Come What May* makes a very swanky selection indeed



tune in turn on tune in tu

film

Multiplicity (12)

What's the deal? Under loadsa pressure from his job and his family, Doug Kinney (Michael Keaton) realises he has no time for himself. So, after meeting a



All day four play for Dougy

mad doc he creates three clones of himself so he can be in four places at once – giving him time to practise his golf swing. **Hilarious consequences?** Yup. With four Keatons (all with different personas), Doug's life becomes more of a muddle than before. And the three clones all fall for his wife (Andie MacDowell) who's completely unaware there's four of him and just thinks he's a sex-mad schizophrenic!

Worth it? If you're not a fan of Keats it's a no-go area. **On screen:** 27 Sep. **Woody**



Quote of the week



Bacon beauty

'You've seen the movie, now eat the actors'

Sign outside a South African pork ribs joint near a cinema screening *Babe*.

music

Tanks a lot

Super Furry Animals release their third chart-buster *If You Don't Want Me To Destroy You* next week. They've also spent the summer taking a customised tank around festivals. We caught up with keyboarder **Glan** in his Welsh grotto...

What's the tank like then?

"We painted it blue and it's got pink netting on top. We've also painted a Welsh slogan on it which means 'Is there peace?' People have been dancing and sitting on top of it. I DJ in it sometimes, but it's a bit too cramped really."

Do you drive it around the country?

"No, I'm scared of driving it in case I press the wrong button and start rotating the turret or



something. I'd like to drive it down the middle of Oxford Street in London, though."

Some of your songs are in Welsh. How come?

"People don't realise that a lot of people speak the language. We speak it to each other all the time. In fact, audiences in Japan sing along! It doesn't matter what language we sing in, people seem to understand what we're on about."

Oasisn't



Li: the real thing

What the stars are listening to

"The last record I bought was *The Best of Acid Jazz*. I got it 'cause it's got a couple of top tracks by Digable Planets and Brooklyn Funk Essentials. They're really spiritually uplifting."



Lady Mouse Brucella from 2 Bad Mice

What are those Gallaghers like, eh? Liam and Noel's US bust-up got J17 thinking of some new partnerships for ole Noel...

★ **Kev from Backstreet Boys**

For: He's a Liam looky-likey, right down to the bushy eyebrows.

Against: His voice isn't rough enough and being squeaky clean means he couldn't keep up with Oasis' rock 'n' roll lifestyle.

Liam-a-like rating: 2/5. A no-go.

★ **Ant McPartlin**

For: He's got those Liam looks and can large it in a rock 'n' roll-stylee. Plus he's met Oasis and gets on really well with Bonehead.

Against: What about Dec? We don't want him left stranded.

Liam-a-like rating: 4/5. Better watch out, Gallaghers.

★ **The fake Liam from tribute band, Nowaysis**

For: He's a dead ringer looks-wise and sounds-wise for Gallagher Jnr.

Against: Noel might mistake him for his bruvver and punch him up.

Liam-a-like rating: 5/5. Go for it, Liam impersonator fella!



Hard Ant



Softy Kev



mega



magic



mmm



manky

Spin It or Bin It



Alisha's Attic

Alisha Rules The World

These two do

over-the-top glam girly songs a million times better than oldie band Shakespear's Sister.

And there's plenty of high warby bits that you can sing along to in the shower.

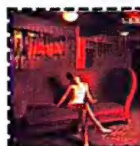


Gold Blade

Black Elvis

Hot diggetty dawg! These

fellas are from Manchester but sound as American as apple pie, '50s-style. Lots of shouting and hot geetar strummin' makes this a record to pogo your socks off to.



Salad

I Want You

Marijane sings in a cool, lazy way

like icing drippin' off a cake. Thing is, the guitars

sound like the cake – thick 'n' stodgy. So tuck in at your own risk (and don't forget the Rennies).



Album of the week

Peter Andre

Natural

At last! Mr Pecs' debut collection of songs includes

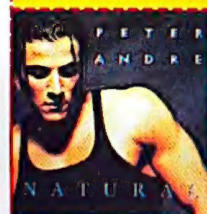


chart smashes *Mysterious Girl* and *Flava*, as well as the funky *Natural*

and smoochy *I Feel You*.

Such a sensitive chap is our Pete that he's brimming with enough lurve for everyone. Dive in, girls!

7 days of groovers 'n' schmoozers

Just like Clark Kent, Prince William spies an escape from his geeky image

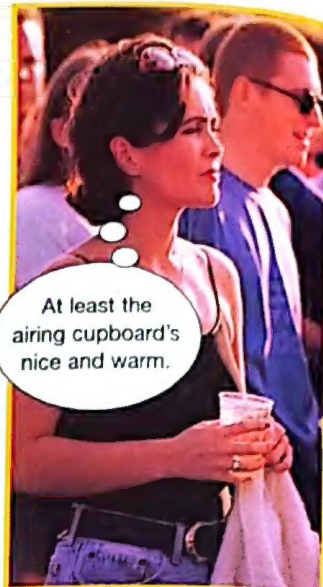


I think I'll dump this nerdy sweat in there.

And here's the ever-ambitious Chris Evans, always on the look-out for a new career opportunity



I'm auditioning for Rug Rats - The Musical.



At least the airing cupboard's nice and warm.

Sammy Rogers lives it up at a pop concert, knowing her little Louise is safe and sound

Quick

Flesh fest!



Hey laydeez, whaddaya think of this?

Sean Maguire gives the good people of Chelmsford a little peek...

...only to be outdone by the pec-packing Peter Andre...



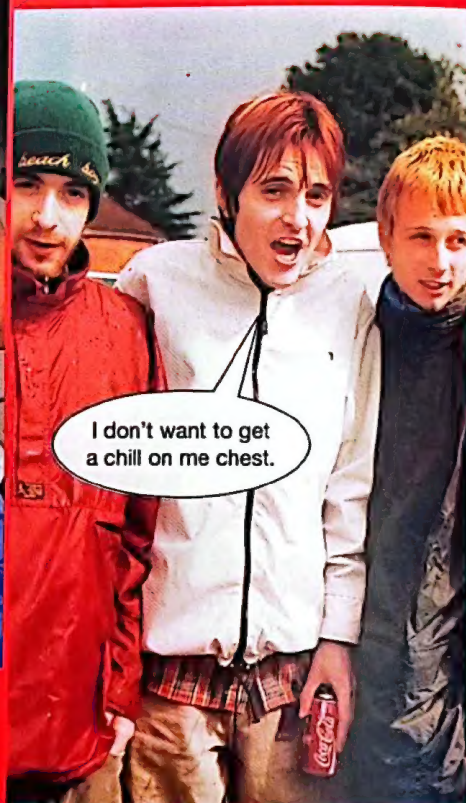
Forget Maguire girls, and cop a load of this!

Nuff said.



...but neither can compare with MN8er Dee-Tail's performance at Party In The Park...

...whereas Menswear took their mums' advice and wrapped up warm



I don't want to get a chill on me chest.

7 days of groovers 'n' schmoozers

Oasis tour America

Not to worry. I'm sure he would have come if he could.

Noel arrives in New York and views Our Kid's late arrival through rose-tinted shades...

...while the jet-lagging Junior gets a ticking off from his ever-watchful minder...

Don't care.

Look we're late. And leave your snout alone.



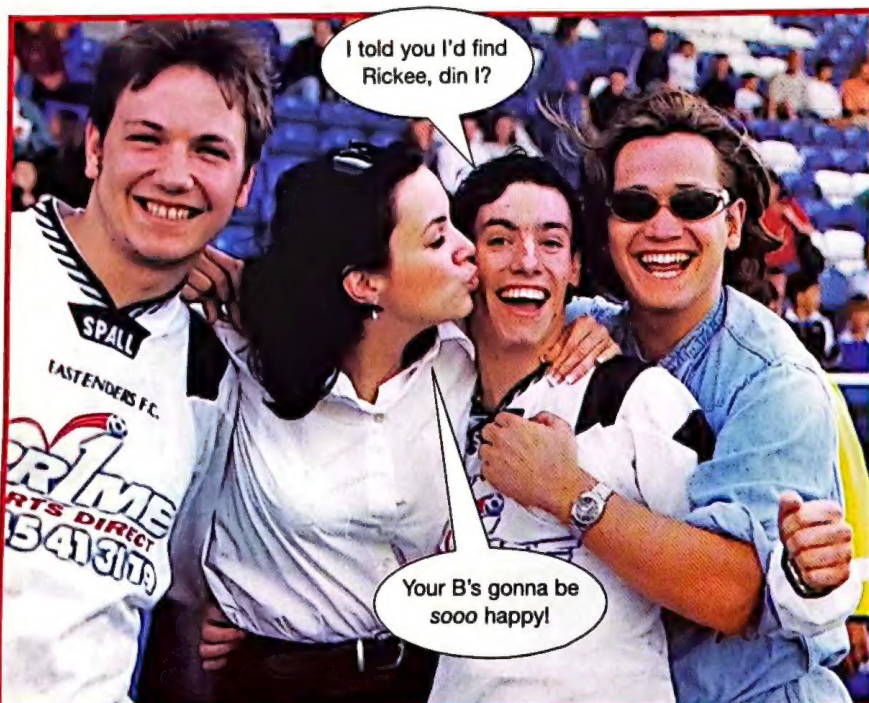
Oi, Meg, fancy some chips and vinegar before we get on the plane?

Only if I can have a buttered roll with it!

...and the Gallaghers' gals Pats and Meg prepare themselves for their stateside jaunt

flash!

Hurrah for Woodsy, as he returns laden with tales from celeb city...

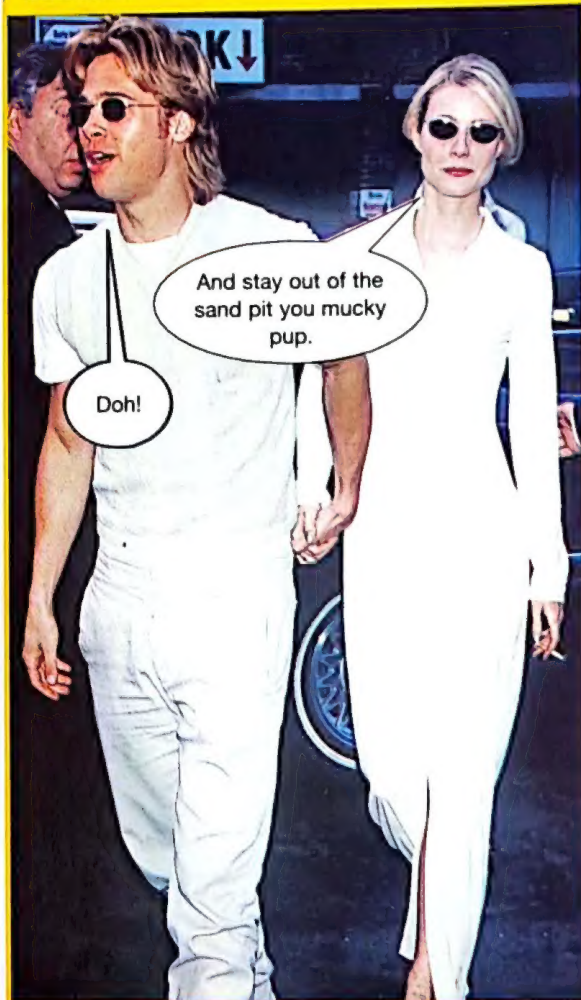


I told you I'd find Rickee, din I?

Your B's gonna be sooo happy!

Young Robbie knew his metal detector would come in handy

It's wash day in the whiter-than-white Pitt household



Doh!

And stay out of the sand pit you mucky pup.

Next week's

Just Seventeen

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Oasis exclusive

**Out
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1991-1996? Behind the screams with
the band of the century

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Hey now Our Kid!
Is it my imaginaysheeun or 'ave I finally found something
worth living for? It must be all that top acsheun in the copy
of J17 you'll reserve/deliver every week. Bangin'. Nice one.

Name: _____

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PLUS! 10 pages of top true life!

- ★ 'Who was the father of my baby?'
- ★ 'Crushed by the Terrorvision tour bus'
- ★ 'Jailed for the love of my boyfriend'